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MANIPURI KHODIN

CLASS-X

ANAL LITERATURE SOCIETY
TO ENRICH CHANDEL LITERATURE

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ANAL LITERATURE SOCIETY

MANIPURI KHODIN

CLASS -X

PIINING RU PIIZOOCHA

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ANAL LITERATURE SOCIETY
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TO ENRICH LITERATURE

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Pizọọcha Hinki Peṵwm

Kum 2008-2009 ki Class IX (nine) thung itamhrang Manipuri Text Book hinhe piisā vaṭuh thal Board of Secondary Education Manipur tuwng piizọọcha kakṵwng hahin ṭumkheh kum 2009-2010 ki Class X (ten) thung itamhrang National Curriculum Frame-work (NCF) 2005 ki luluwng Manipuri Text Book hin piining nahrang kāpakoh valhin. Amathunghe be piizọọcha hin joso vapahnim hloh valje.

Piizọọcha hin Class IX (nine) ki thin Text Book vāna pasahin luluwng rahhe iṭoh hrangpa idọ duha patṵwn neh nṵ iam to vapha thunghe joso atatuhng iṭohna vadọte, pemin (Thalkho din) iṭhatangna vadṵh piithih tuthal grammar tuthal zọọrowl iṭhāng piithuw, pena iṭhajah tunso ipe piichāngna ihuwna, amaheru iṭhṵ vāna chowlsa rowlsaki Class IX (Nine) thungki ikhelsoh ariingso Class X (ten) thung joso piichāngna kithin piisuh ka.

Vachangtobe (Maruoina) Manipuri Tengbang Shahitya he piisa thung/ piining thung itun hrang anung nang vapumthu Board hin rowlsa vānarọsa syllabus thung isang sapa. Amathunghe vāna pakheel hin tobe piizọọcha hinthim piizọọ chahinki hringṭuwn ki vapemin to isānghlah piidu jeso piijo vana dọpahe.

Class IX (nine) ki itam na Text Book piizọọ thung luluwng Class X (ten) ki thimhlam chahin piihrih piichāngna paluh-pahlimso piichọlna thi piihmṵ ka.

Amaki vāthah ha X (ten) ki parikha (piisuh-piiṭha) thung vana pachọl pena hin ru vātol ṭhṵ ki makhe hin joso jokhṵka. Amalu vapumthu hinto itampe Thimpṵ-thimpi hin hin Thimhlam chahin kṵwng piidang pejoso ika nāna phacha jeni be piizọọcha hin palunghluhdeh ijariri vana pazọ hinki vachu ichu to thicha jenaka.

Piizọọcha hin

DUHA PIIDANGNA RU PIISUM NA

Thim ihlam na vamu̱ vachang va-am duwngbe arāngki pipu̱ hinki pena, pemin, ṭuna tuthal hlaphuw vāpum thuhe hnal kowl tuwng iam jāpa. Thim ihlam joso hmalpa thimzọọ len ichih jāpa hin sin. Puruwng piipana hla joso hmalpa (michā) pena tunhin sinnu̱ Asapavān dowl nalo chāpahin. Analphung thintuwng ṭāngsamsa (T) Mihrāng Nula Volhnung Anal ku̱wng Asapavān ising ivalna penu̱ kum 1945 thung Anal zọọ he pajinnu̱ tuthal kum 1946 thung rowlsareh Anal Primer tuthal Anal Thimbol vanadọ Thimbu̱ hin he vanuwmval. Ama Anal Thimbol he kum 1967 thung Anal Teachers' Association hin ṭumkheh phuwng jenu̱ amathal tuwng kum 2006 thung heng vaṭum thumna Anal Thimbol he ṭāngsamsa (T) Rev. Dr. Sumpi John hrānhru̱ tangnu̱ naphuwng chāpahin. Ataheng Anal Zọọ he tunhin sinnu̱ thove ru pāngsaki vahlam ha thimbu̱ ajahmeh piizọọnu ihangval chapa hin sin. Ivangsa kum ajahmeh thung Anal Literature Committee hin hrānhru̱ vatang chāpaje.

Kum 2014 thunghe Anal Literature Society (ALS) nihin tuwng ahlāng chahinnu̱ Anal Text Book to Class I to X inuwm paṭhun chahinnu tuthung tuwng Anal Naga Ṭāngpi, Anal Lelruwl Ṭāngpi tuthal Anal Sinnu̱ Ruwl hin chānglo tangna kābum chahinnu̱ para inam hrangto iṭupa. Para hinki proof-reading thung Kankhupām thung iam Thimpu̱ Thimpi tuthal vānsumki aval ajahmeh hin kābum chāhinsih. Anal pena unsah ilokimakhe mihin ru vānsum ajahmeh hin tuwng minjo kāpe chāhin sih. Thimbu̱ hin inam to ṭunu̱ vadọte Class VIII iphana he Education (Schools) Department, Manipur tuwng Nitin 7th April 2015 thung he nahropehinnu̱ tuthal Nitin 4th May 2015 thung Chakpikarong Govt. High School thung thang phuwng naki alum naṭoh chāhin sih.

Class IX & X Thimbu̱ he Board of Secondary Education, Manipur (BSEM) ki vanan va-amki vathal iṭo Class X (Ten) ki thin "Manipuri khodin" vanadọ Thimbu̱ he michā penaki Anal pena ha piiluh hrangha athuwnu̱ amahe lemna nung vāthu tuwng kapalung hin jachanu̱ tuto Anal pena unsah ilopah tuthal palungthu piihol pah ijah chā ihro Wolring Langhu, Pekham Sumpi, Dallun Tongsin, Komison Huten, Wolhring Nula, Dalhring Paya, Wangtun Nula tuthal Rev. P. Volhung hin he vabolki piiṭhun vaṭuhna ipha palung ihluh tangna athathih ning piineelma michā penaki Anal pena ha piiluh tuthalna pena piichunghe naṭoh pecha hinnu̱, computer ki nunghe Somatai Lungpi ru Warngam Langhu lemna naṭoh pecha hin nu tuthal Anallon Christian Institute tuwng lemna chena ru inamna he nape chahin nu̱ Thimbu̱ ki roram he iṭo napaṭuh chapahin amatuwng Anal Literature Society ki achang dunnu̱ amahinto ihman ru iṭhu̱ piipamato pachāng chamaning. Anal phung ki thin vanaṭoh hinto Asapavān ikhel seh phowl apechavah jeso.

Manipuri Khodin Thimbu̱ thunghe iṭhapah pah palungthu piiholna ru ising ivalna pemin itam chāhrang ammung ka. Thimpu̱ hin tuwng thim ihlam chara ku̱wng itha tangna tam peso tuthalna itam chara hin tuwng palung hluh tangna ahlāng chanibe mikheh ki hringtu̱wn to changki athuw naka kapadun chāmang. Ising ivalna hrang Thimbu̱ he itampe ru iṭhu̱ pasum chahin chaka idọ Anal Literature Society ki achang dunnu̱ ātham ch'mang hin ning.

L. Wolring Anal
President
Anal Literature Society

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Thimṭuwn 1

PHUNG VASIH IṬI MIHIN RU VĀTOLNA VAHLAM

Doltipām thung mihinhe ihnimhloh thung pajin sinbe athum hmeh piithu hroka. Amahin tobe:– (a) CAUCASOID , (b) MONGOLOID tuthal (c) NEGROID pahinhe. Amahin kāl kihe luwng (group) am khu̱ ka, Bharat (India) thung iam mihin he chari piidọọhloh pajin khu̱sinbe phung taruhval piithu hroka.

Amahin tobe – Negrito (2) Proto Austroloid tumaso Austric, (3) Nordic Arabian, amaluhin he kum 2006 thung vānapadang ki vathal iṭowng mi 6, 471, 058, 790 ka. Amathung tuwng Asia pām thung heng mi he ihnimbalpa. Amapām thung he joso India ruwng China thungheng ihnim bal khu̱pa pām thungki vathu nahin vapenahin, vapemin hin tuthal va amna hin thal paṭonu̱ phung vakhupa.

Vāṭhing nahin

a. **Ruwngchin pāngsa**: Dolti pāmthung iam hin he phung/ jati vānapadang nahin tobe – varuwngchin, valu̱ che tunghate lu̱cheru̱, vasam piidọ tumaso piiṭowl ihmu̱wng, vakowng, vajọọ, hmih che tuthal sam ki vajọọ paṭonu̱ vāpadangpa.

Europe tuthal North America mihinbe dokaje. Australia thung hrin ipāl peh hin joso do kaje. Vadọte amahinto Britishki ihnim hloh irapaje. Africa thung iam mihin be – ihnimhloh vapathọ hin vumkaje. America tumaso Asia pām lih (Central Asia) thung iam hinbe hniing sin pathọ (Tamaric in Colour) paje vadọ mangje. South Asia tungki mihinbe pathọ pii paje (ivumre ivumdohma ido joso ido doh ma) East Africa tungki vatin (middle) ki mihin Indian ocean ki vabom iam, Kenya tuthal Tenzania pām iam Wtsu tuthal Maasai thung rowlsa iam mi hinki metre ahnọ vadọte feet takhọ sụwsụw irowng paje. Tuthal equater bom iam South-Easter Asia pām hleh ki mi Pygmy (very small, short structure and black people of Africa equatorial land) mihin be feet pali ki panga thung heng irowng paje. Europe tuthal America mi ki varuwngchin hin be vachah pang paje.

Vāṭhung vabālna hin ru vachā vanee nahin

b. Jati ajahmeh he vapām vapāmki vāṭhung vābāl nahin ru vachā vane nathung vaṭih vāthingna amka. Europe tuthalna America hinki vāṭhungna hinbe – khuhuw, diilhrown, coat, lungam tuthal necktie hinhe vachina paje. India ki mihin be diil phụwm, kurta, pajama, pahinhe. China, Japan tuthal anithuna (Eastern side) thungki mihin aṭhungna be muga pa, tuthal Africa hin be ihrown, vasisih ki vareh vatun mangje. Ide tuthal ideseh pām thung iam mi hin be ithahloh (thicker) tuthal sahmol (leather) budiil vatun mangje. Mihin he vaamna pām ki vathal itowng bụche icha tumaso gehu bụ icha ahnọ

heng aṭhingka. Heval singval na nunge papah ki ihang val na he iphamale phunghin ajahmeh joso amkaje. Ihringna hrangki nungṭoh nalina vadọte hlive bālding nalen rah thung Western (Aniṭāna) thung ki mihin nungtah na ru aṭimmi. Amahinbe chaling chabun tuthal dolti he chọbāl ki thin piiṭhāh na isem tujāmanụ Har (Manure/ Fertilizer) ṭhāso sọchin na ithima amka. Machine sọchinna so iamchang sallen lāngkor bāngnụ hli iveṭol iampa.

c. **Pena (Language):** Dolti pām thung iam phung ten ki mihin he vadah vadah ki vapena hin tunjenụ ipe, ibi vapachāng paje. Pakhee pakhee ki phungki pena ihnim he iten nungmi. Tuto amahin kāl he piiṭowl hlohhloh pena he 30 (thirty) valka. Amahin tobe Chinese (Mandarinn), Spanish, English, Hindi, Portuguese, Bengali, Russian, Japanese and pahinbe. Mi koṭi som ki vāthah ha vapena mangje. Amaluki pena iṭhinghe tuwng kheh ru kheh vanapadun hin iphuwng na piichāngmi.

d. **Vachina ru vahringna hlam:** Dolti mi ki vachina ru vapālna vāṭhingna hlam thung ch'ngde vaphana aṭhing sahnụ iampa. Rowlsa ivalsa tuthal isingsa thung iam hin – Greek, Roman, Egypt, India tuthal China mi hin atung kāl ki chavang hin tuthal aṭhuw piithāng bal hin – Europe tuthal America hin amkaje. Amahinjoso vachina hinhe iṭhingnama iṭha mapa. Amahin jāmanụ Africa, Australia, Indonesia, Andaman Nicobar ahmāng thung iam sọọ phe thung iam, Aol kāl iam, bung piithāng thung iam hin atung atung ki vapha thung ki ising ival na ipha male hin amkaje. Bụche, Gehu icha mihinbe

ihnim hloh kheh ru kheh ichā inehbe mungteh thung vahe najā mang. Ahmāng thung iam hin joso vanachā vanane tuwng ihring hrang panu̱ pachang jāka.

Vāṭimna/ vaṭim ṭhu̱

a. PĀNGSA RU PĀNGHLI: Mi vanadọhe thungki pānghli ru huwn ki pānghli hin he ateeka. Pānghli be vāchin 206 amka amaheng pāngsa he pahnolnu̱ iṭo vapachāng huhpa. Ru̱ ru kowng atah thung ari 500 (five hundred) val asangka. Mi akheh ki mapung ipha (vakang) vaval na he kum 18 paṭhun nu̱ kum 24 iphanapa. Phungṭicha pajoso A, B, AB thung O iam pām ki makhe itolchah jāpa.

b. **Umle**: Miki ikona umle tuthal palungthu iṭhama iṭha thungbe atolchā jaka. Europe, America, Africa, Asia thung iam phung jati mihin ajahmeh Cancer, Tuberculosis (TB), Leprosy, Polio, Hepatitis luhe itolsa kojā kaje. Iko piichāki idamna vana semhin hitha (medicine) joso vahmiing vāhru̱ charirih iṭhing mataso aṭim tih jāka.

c. **Ichā ineh**: Phunghin kāl vanachā vana nee hin aṭhingka. Amahin kālheng bu̱ ru gehu icha hin amkaje. Aol kāl iam hin Eskimos, Africa, Latin America, Australia tuthal Asia ki bung thung iam mihu̱ mihang ipha/ ithi male hin ki vanachā vana ne hin mi ru itol majoso amka. Tropical tuthal Sub-Tropical pām thung iam vadọte China, India, Japan, Indonesia, tuthal lenṭāng Asia ki ṭa (South) ru vāni thuna (South Eastern Asia)

thung cha (tea plant) he punpe hmuṇgka amaki mihin tuwng buṇcha vachā mangje. Gehu be pām ide thung vadọte temperate zone (pām) thung duh jenuṇ/ pahmuṇg jenuṇ vakun pajenuṇ, ama pām ki mi hin tuwng vachā paje. Amahin tobe USA, China, tuthal Soviet hinjoso vapha akheh thung pām thung tuwng vaam thungje gehu buṇ semjenuṇ vachā paje.

d. **Le ining (le piidun)**: Rowlsa be vaam na vahmun vahmun ki LE padun chapajoso atung thung he be lenṭang pām ki LE piidun hloh joso ajahmeh amjāka. Budha dhoromo he India thung paṭhun chapajoso Tibet, Myanmar, China, Japan, Thailand, Sri Lanka tuthal South-East Asia pām iphana piijam ka. Amahlang tuwng Asia pāmki valih (Central Asia) paṭhunnuṇ Christian tuthal Islam dhoromo he doltipām vahmunten thung piijām nuṇ mii vapadun mang. Amaki tuwng mihin tuwng vadahdah ki vapanadun hin ki unsah naten kheh ru kheh iamsah vanadọto ikhām na iṭhama akheh athuwka. Amatuwng piidun jāl jati kāl akheh sah iam na thuwka.

e. **Ijọng mi/ piidunma** mi: Amalu mihinki vana padun hin tumaso vahmiing suh thung hin ikhel seh ihangval nowl tumaso mihuṇ mihang ithima isọnbal phung (jati) hin joso amkaje. Atungsọọ phahe India tuthal dolti pām ajahmeh thung he jadu (witch craft/ practicing magic) ihe sinnuṇ hin amkaje. Are ((ghost) tuthal paṭha thi iṭhama amka idọ piidun amdeh ka. Vaphama thung simbuṇ piiring, pāh piiring tuthal jowte irung, sanglā (ladder) thuha ihluh, jowte mi duha hlam ilāmdoh amalu vāpumthu he iṭhama piikonuṇ iṭhama ha itun amka. Amalu

vāpumthuhe ihang valna tuthal aṭhuw piithāng na vāpatoh mang (making delay)

f. **Rāl iṭo idọ**: Rāl idụkin chāngde iam he mi vādọn hloh mang idọhe mụpa (varuwlpa) tuto rāl idụ piiṭhun he dolti mihin kụng sadon luluwng vapadunpa. Sadon hin tuwng sato ichā hrang piithọ ha ithuwpa. Vāhnọ na thung jati akheh tuwng pām (Arọọ) alonnụ irena pajinnụ vahal hin tuwng mi athah ha iam nadọ jenụ, sinnụ alonnụ kheh ru kheh halsah iṭonụ akheh rukheh ihal na thuw nụ ire isāl ithuwpa.

Amatuwng rāl idụ he sadon ki ithuwpa, idọ hro ka. Nājah thunghin rowlsa ru vāhnọhna (1st & 2nd World War) rāl thuwcha. Vāthum nabe thuwmalepa. Tuto dolti pām thunghe vākal vākalha rāl idụ ki pena be irih ṭọọma nājah manghin.

g. **Itonum ki ngaljāng itho**: Vaduha nāna padangsa phung hin kāl vāṭim nama ajahmeh anihin thicha pajohinsin iṭha tuthal iṭha piidun ki palungthu iṭho mi hin joso amdeh ka. Amahe mihinhe dolti mi he piithāng ki ihangvalnaha hringnụ iam mi vahal hin kāl ki paṭhunnụ phungki iṭha tungha iṭhụ najoso vapemang. Ata hlangtuwng ngaljāng ru palung lohna ki thin iṭo num amka. Amaki vahlam vādang nabe –pemin thung piidang ennụ amka. Mi akheh ki palungthung piiṭoh num ki palungthu ahnọhmeh asangka. (a) piiṭoh numki palungthu (b) mi akheh to iṭo numki palungthu thung ikhām na iṭhama tuwng ṭinnụ vaṭuh nahabe dolti pām ki isow papāh pāmha chowl numnụ. Bung piithāng papāh ilown num, Aol pām

dahtungpa idọ ki iphanum, pow hrin piithuwhloh num tuthal lenṭāng amcha nunghinhe vāpa ṭoh numpa. Amahin mihin kāl ki chari piidang sinbe – Hinn Tsang, Marco, Polo, Colombis, David Living Stone, Peirre, R. F Scott, Euclid, Archimadas, Newton, Tenzing Hillary, Armstrong pahinhe jāti ajahmeh kāl thung ki ithuwhloh amapahinhe.

h. **Ilụm iileengna aṭhuw tuthal nungtā nalina**: Peminthung pāzọọ duw mihin ki vaamna tenthung ilụm itungna vaṭho chārimpa. Peminhe piizọọ vapaṭhun nabe khrista vālṭho thal ki kum 776 ki piiṭhun Greek hin kāl khehru kheh iloh nama vāpumthu pahmah jenụ "OLYMPIC" he vapajin paje. Amathal France ki simpa Pierre vanadọ mihe Khrista thọthal ki kum 1896 thung hrin vapaṭun pa. Atungte amalenhe pakhee pakhee ilụwm itungna ajahmeh he pumlo thin jenụ dolti pām ki jāti/ phung vāpumthu piilo jenụ ilụwm idọpapah mi hin tuwng piitee na kaja. Atunghe athuw ihang val ru iṭhụwng mihin ki hringsow thunghe vadọte kum 100 val thunghe vāṭhingna ajahmeh tuthalna ningrih papāh nung hin he thuw naka nadọ thung iten nungmi. Science and Technology vapathāng ru pakhee pakhee ki akhan piichin nụ vāpatam kituwng dolti pām ki anihin he nasuhjāthung, "GLOBAL VILLAGE" ki pemin vāpaseel mang. Vapathāng na ha ṭumkheh khụ Economics, political science, history, philosophy vanadọ thin lenhe pām kheh pām kheh ki miakungnụ "UNIVERSITY" vanadọ thung vatam mang amathunghe anihin joso dāl Asapavān vapadun mangje vadọ chang dah tung lụ abun hmang (worship) idọka. Tuthung

hla isachahin kungbe phung, pām aleeseh vasih ahlam mi Scientist hin kungbe doltipām vāpumthu une athuw hin ka idọ valimang.

i. **U. N. Vanapajinna vahlam**: Doltipām ki mi vāpumthu changed iṭho tuthal mihinhe palung itim ipāl na hrangki ama piidun tuwng piithanghloh Democratic Administration thin vasempa. Tutuwng United Nation pām ki mi hin he kheh ru kheh rāl itoh nama hrangki, palungthu iṭichechow nama dọnu vapajinpa. Dolti pām ki mihin thin vaṭhanna, vahang paholna hranghinki thin pa (a) Universal declaration of Human Rights 1948 thung thang vaphuwng val (b) UNDP, WFP, FAO, UNESCO, WHO, WTO pahin he. Amalu vāpum thuhe dolti pām thung iam phung piihol kāl ki mihin palung thu itee piichun hin tuthal hmiing suh ituchah isuh napa.

j. **Piiṭhana ithama mi ki vanono**: Dolti pām thunghe piidun nanung iṭhama piihol papah ithuw joso vāṭhingna iampa. Tuto mi hinki vanonobe piiṭhingmi. Piihol papah pām aja hmeh piiṭhingcha tuthal sọljow khehram ki nunglen joso aṭhing cha. Tuto miki vanonobe aṭhingmi kum ajahmeh vang cha pajoso; vadọte vanajah numma inang chọreel piiteel na, unsah ilona, ihmamna iphana tujamanu piidun na vanadọ hinhe piiṭhanna ihroma mihinki palung thung isang akheh pa. Amalulunhe pemin thung ihmamna hrang hlung suwng akheh luluwng iam pa. vadọte Homar ki raid, val miki Ramayanna, vajhsaki, Mahabharat, Kalidas ki pemin hin pahe. Chowng (Drama)

Shakespeare ki chowng (Drama) tuthal hrin hlo hloh ha dọsinbe – F.M. Remarque ki All Quiet on the Western front; Hemingway ki A farewell to Army pahinhe.

Thimbu̱ hinhe napāthung vahmun, vapha piiṭina palung thung ipiiloh nunge ihnowl mina? Piidangna thung – Achilles tuwng Hectoto to vapathọ hlān hlohlā ki vaṭuh na luluwng ithọ. Vapāngsa to ṭin lolohnu̱ vapāngsato vapahlāh matih aruwng Priam tuwng Achiles ku̱ng vachapa ithọ to vānahno hlang, Mahabharat ki rāl du̱ vaṭuh thal pandava panga hinto on jenu̱ Dhritarastra tuwng iku̱wl vapaṭhun te Khrisna thọl ahliim piithunu̱ Bhim paning dọnu̱ piihlām tung tuthal amaduw tuwng thọl ahliim to chap khai khia vapa ithuw, ipahin tuwng vapalung thunghin vana pachu̱w lulupa. Tuthal Kalidash ru Shakespeare hin ki chowng (Drama) thungki adọh ahmāng ki unsah tuwng soldowng ihang rihin ku̱ng nungngepāh duṭāng tung iphol lu lupa.

Amaluki vātol ṭhu̱ vahlam athuwnu̱ iṭha pah pena akheh to dolti pām thung ki pena ajahmeh he vapal mee pa. Tutuwng dah vāpumthu thung amahe vahlam athuw nu̱ dolti pām ki phunghin kāl palung thu iṭim naha vaṭhu̱ mang.

Pena ilu̱ hlohloh ki vahangthu tuthal vabol valel piidangna.

Muscle	=	Pāngsaki vāvi
Cancer	=	Powmnu̱ ipān piidam na iṭha thima umle.
T. B	=	Tuberculosis piikhu̱, sọ piithā umle.
Leprosy	=	Pān nu̱ vakowng iṭọm umle.

Polio	=	Angeh piidọ ralha ihluh piichāng umle.
Hapititis	=	Vaphol powmnụ piichā umle
Drama	=	Chowng
Diilphụwm	=	Simpa hin diil vāchelah piidum nụ vana vin hin.
Pandava	=	simpa panga ki ụne hin
Huen Tsang	=	Kum AD 629 thung China ki Budha cheng chameeme tuwng aruwng Harsh vapāl thung India ha ṭhingnụ. India pām ki vachina, sọljow khelramki vahlam ajahme thung thim ajahmeh vapazọọva.
Columbus	=	vahmiing vāpum thube Christopher Columbus vadọpa. Italy pām ki dụ akuwng itho chamipa. Amahe Krista vaiṭho thal ki kum 1492 ki aramṭha 12 (12th September 1492) thung America idọ pāmhe thang vadālpa.
David Living Stone	=	Scottish mipa (1823-73). Africa thung Missionary akheh tuthal pāmhrin ahlam so piidang hrang ihlunpa. Amami heng VICTORIA vanadọ dụ ija cha nyasa adding vā padangpa tuthal Nile vanadọ dụkowngki vahna vajung luwngna joso ahlam nụvāpadangna.

R.F. Scott = Amahe duakuwng piihol ithocha officer (jahaj) akheh pa. vadah he England pava tuthal pām hrin piidangchapa. Varowlsāh na Meru vanadọ Tātung ki pām thung Aolṭha 12, 1912 thung ṭungnụ. Tuthal valu hin mi 3 hmeh ru vālehthal hin thọchaje.

Tenzing Hillary = Amahe India mipa Norway tuthal New Zealand ki Sir Percival Hillary bung ilown cha mi ahnọ hin iṭhụwng doltipām thung piiṭhụwl bal bungdon ha chaphol ṭha (May, 1953) thung varowl sāash napeh ikal paje.

Armstrong = Kum 1930 thung iṭho America pām ki mi pa. Amahe varowlsah peh Amụlṭha (June 20, 1969) thung Ṭhalen ikalpa. (Amato Astrnaut pharing pena vadọmang.

Homer = Khrista vā iṭho duki kum 900 valthung iam Greek mipa. Thim piizọọ chapa. Ama tuwng Eliad ruwng Odeyssey vanadọ Mahabkabza (seireng, jehla) vapazọ sih.

Iliad = Sparta aruwng Mehelenski vasinnụ Helento Troyki Aruwng chapa Paris tuwng padụ nụ vāṭin ki Troy hin rāl

piihol vanathuh ki vahlam ha vapazọpa.

Vālmiki = Sanskrit pemin thung amahinhe Adi (palu̱) piizọọcha rowlsa peeki mipa tuthal ama mihee Ramayana vanadọ Hindu ki pemin joso vapazọsih.

Ramayana = Sanskrit thimbu̱ thung Ramayana he pemin athuw chapajoso Bharat (India) ki thimbu̱ pa. dọcha pajoso amahe rowlsapeh ki seireng (jehla) hin kāl ki akhehpa. Vapa Dasarath thothah piiṭotuwng kum 14 ahmāng nu̱ thung amnu̱ tuthung tuwng Ram sinnu̱ Sita to Ravana vanadọ aruwng Hingchāba (Chamangpa) tuwng paru̱nnu̱ tuwng Ravana aruwng to rāl adu̱h ṭhu̱nu̱ vapathọ thal Azo dhaha vāleh naki peminpa.

Vyas = Amaki penahebe dowllona vadọpa. Ama hmiinglen he vada seireng (jehla) vahmiing piihol papah vahmiing ichih papah pemin vadọte. Mahabharat lulu arāng pemin ahlam nu̱ vapazọ sih idọ piidunka. Tuthal valmiki thalha vapazọ pa idọ joso piidunka.

Mahabharat = Doltipām thung pemin kāl isāngbal he Mahakabya pemin pahe. Pemin ki vaṭhuwpi tobe Chandra bangsh ki vaṵ vanehin mi ahnọ vadọte hmiing towpa Dhristarastra ru vanepa pandara hin iṭhocha vaṵ vanṵ ngālhe isunummaki vahlam thung piiholpah rāl iṭo paje. Ama pemin he pena ṭuwn (Southern) 2, 20, 000 ipha isāngpa tuthal ṭhuwn 18 chah vaṭuwsi.

Kalidas = India ki ihebal thim piizọọ chapa Krista vaiṭho thal ki kum 400 val thuwng Chandra Gupta II (353-414) thung Vikramaditya idọ aruwng ki vapha thungpa. Amaruwng darabar ki Ratna lukāl ki akhehpa idọ vāpasel pāje. Thimbṵ pemin vanapazọọ thung Malbi kālki nista tuthal Abhizyn Shakuntalam pahinbe jahla (seireng) Thimbṵ thungbe ritu Sanghar tuthal Meghadut tuthal Mahahabya pemin thung Raghubangsh tuthal Kumar Shambhab pahinhe.

Shakespeare = William Shakespeare (1564-1616) English ki pemin tuthal thim piizọọ

chapa "The bird upon Avon" vadọte Avon dulen iṭhapa idọ joso vadọ mangje. Ama kụng chowng thimbụ 37 tuthal jehleh sonnet vadọte jehleh imung (line 14) tuthal jehleh pemin ahnọ vapazọsih.

Remarque = Erich Maria Remarque (1898) Germany thung iṭhopa. Kum 1947 thung America mi ithuwpa. 1970 thung Switzerlane thung ithọpa. Amahe vapata pajoso vahmiing ichipah upanyas all quiet on the westen front vadọ thimbụlen vahmiing ichipah. "Mangkhraba mirol" (piisosa āngsung) idọ school ika ichọhin simpa chara kụng rowlsabal ki doltipām rāl thung ijapāh, ibolpāh idọọ vāpatol paje, vapha tuwng itulma aval hinki hmeel pazọọ nụ ipachahin kụwng pii-i piihaa ki nung vaṭopa Germany pena piizọọ thimbụ thung English (pharing) penā vapalupa.

Hemingway = Ernest Hemingway (1897-1961) America ki Nordist akheh pa. Irang pah thung vanapazọ Thimbụ hin tobe pemin athun tuthal jehleh (poem) som pahinhe. Tuthalna

Inpurtine (1924) amahin he vadah ki vasingval nato vāpadangnapa. 1918 Red cross thung volunteer vāthu thungki vānahnowl, a farewell to arms vadọ len he abanu̱ thimhe vapazọ pa. Amato iṭhapah unsahna tuthal rāl ki peminpa.

United Nations = Vadọte United Nations Organization (UNO) vadọpa. Amahe kum 1945 ki New York khupi thung dolti pām thung iam country ajahmeh achinnu̱ pachonu̱ vaparipa. Ama vaparinaki vahlam tobe vahmun ajahmeh thung iam phung thunghee iṭhama, ithunama, changde iamna, kowl lām thang sọrjow khehram abumpena tuthal kheh ru kheh vachina piisum so ihangvalna kithinpa.

Ama UNO vananhe thopiival na (organization) ajahmeh amka amakāl vananki chari panghe piidangka amatobe:

UNDP = United Nation Development Programmed amahe vānachowl nungama lin sọl ipenapa idangna tobe (sign) UN capital Fund pahe.

WFP	=	World Food Programmed
FAO	=	Food and Agriculture Organisation
UNESCO	=	United Nations Education Scientific and Culture Organization.
WHO	=	World Health Organisation
WTO	=	World Trade Organisation

Universal declaration of Human Right 1948 = 1948 thung United Nation heng doltipām ki mi ipha hrang vatumto piipha nahrang thang vadāl pa (declaration). Thang vanadāl tum hin tobe rowlsa – kowl (Sonaj) ki vajọl piiṭhun vāhnọna tobe – kowl ki sọl jow khehram piiṭhāna tuthal vaphungki vachina piiṭụnpa pahinhe.

Piidangna thung

Peṭuwn/ jeṭuwn	=	Sentences
Hangthuw	=	Word meaning
Hmiingsuhna	=	Scenary

Piishel hrang ithuw va hal

1. Bracket thung isang pena hinhe āchowlnụ vāchāna thung athinụ apachungva.

a. Dolti pām thung iam hin tum _____ ajah thung ikhu nụ amka? (ahnọ, athum, pali)

b. Asin pām thunghe rowlsa reh thung iam pām be _____ pa. (Japan, Sri Lanka, China)

c. Europe thung iam mihin pathọbe _____ (vumka/ doka/ sinka)

d. Ramayam Thimbu piizọọcha hmingbe _____ (pa/ harmer/ vzasa/ valmiki)

2. Ikhangtingtang vananki pemin he apazọọvah.

a. Pygmy hin he feet aja hmee irowng ki mi paje?

b. Tenna mi koti somval hin vanatun pena ki hmiing apazọọvah.

c. Dolti pām thung ikona umle taruh ki hmiing apazọọvah.

d. Olympic thung ki ilụm ilengna hmiing paga hmiing apazọọvah.

3. Pehlam (sentence) athum pang isang atun nụ vananki hin he apathangvah.

a. Bharat ki simpa aṭhungna dah-dah pa āpadangtang.

b. Manipur thung pidun mahrang lerih/ thimbụ padunjenụ vanatun ṭul hin dah pa? Varuwngchin/ vahmeel āpadangvah.

c. Dolti pām thung iam mihin/ phunghin to ihnim hloh vaṭih na hin dadah iam pa āpadangvah.

4. Vananki eimung semsem piizọọ he āsāng hloh apazọọ apadang.

Piidangna thung (Khudam) = UNO = United Nation Organisation vadọpa.

WHO, WTO, UNDP, FAO, UNESCO

5. Thim ānahlam ṭhụ aluhin kālthung dādāh ātee nahin amka? Pena ṭuwn panga hmeh hmeh atunnụ apadang vah.

6. Vananki sinụ ahnọ irih he dātung aṭhingka apadangvah.

Thimṭuwn 2

IAM TUTHAL VA-AMṬHU̱SAH

Dolti pām thung thove pum ihring lih kāl he esingval balka idọ piidun mi he vamumte iam na iṭhọmapa. Vapha ihnimhloh thung mi kāl iṭama iam na phachāngmi. In thung joso va in thung vau̱ vane, vanu̱ vapa, vapi vapu̱ tuthal vachahin ru iampa. Tuthal khulon thuhloh pajoso valu valām, thimpu̱ thimpi hin vahlo valām, sumkhol tingle ru adu jowjow nu̱ iampa. Lenṭāng pām ha lamchih joso vahme thiiso tumaso vanọ thii male ajahmeh ru idu khu̱pa, iduhrang pa. Vanathiima vanathi ikhema ichih sah ikhih sah hrang khu̱pa. Pakhe pakhe ki mi hin ru aduso akhihso iam joso iam sāh hrangpa. Tutuwng tepang mi hebe kohkheh iam sāh ihringsāh hrangki mi pahinsin. Mi akheh tuwng va numbah ihring luluwng lamvāl hang joso ihring hrangpa.

Mi vahnim jāpanghe pena joso ihnim ahlu̱ ka, ihlu̱ joso ihlu̱ rarah hrangpa. Pena ihlu̱ kāl tuwng pena ikha ire isālna vajoh tuwng ire najoso ithuw khu̱pa. Amalu ire na hetuwng vang pahol thang nu̱ rāl ithuw khu̱pa. Rāl ki nung tobe iṭosisih pa piithọ piihringna pa ama tuwng mi hin ki vamā na japa. Dolti pām ithuwsa rāl vāhnọh na thung ijun sa Japan pām thung Hirosima ru Nagasaki ijāhna e atung sọọpha patel jenu̱ amka. Tutuwng rālsa be aku̱rah

adọ ma mangni mi vāpumthu changde iam numpa. Changde idọma akuṟah amnami. Changdeh na hmun thung iṭha nung iampa. Rāl hmun thung chandeh na iṭhana iam pachāngmi.

Changdeh na hmun thung iṭhah na thina nāhnowl rarah hrangpa. Tutuwng iṭhā iamna dọsinbe changdeh tangnā iam nabih ha ithuw pa changdeh iam nasah adọsinbe nadah thung changdeh piiamna nadọ hrangpa. Changde he Asapavān ki pow akheh tung ajṵ paṭhaso changdeh ithuw mahrangpa. Asapavān kuhsem mi he tuwng padun so na numbah tumaso lāmvāl paṭhun nibe iphana iṭhama darah ammi. Changdehna iphana dọso patṵwnso lamvāl palung thu akheh bah paṭun sa lang langha ahlam nibe vana phamahrang darah ammi. Asapavān joso bumpe so vana tham to phanaka.

Changde tangna iam adọso tuthal iam nasah adọ nibe langlang piidun palungthuhluh ka. Palung ithiing vadọte thiso pena he vahmunten thung ikaka. Amaru iṭhṵsah na nung ṭoh hranglen palung piihlṵh hrangpa. Nanungṭoh hrang he naṭoh thal be lenṭang palungthu piidunmā nanaṭoh to palung piihluh naṭoh hrangpa. Palung pahluh sung nanungṭoh hrangṭo masinbe dah ṭharāh iṭha vahung ku namasin. Thim ahlam sinbe palung pahluh sung iṭhā vadun sinso ikunna tuthal mi ikheelna naṭoh hrangpa. Palung thu ichọl nibe mi vapum thu vādọh mang. Asapavān joso unsah valomang tuthal mi hin joso vākhi ṭhṵ num mang.

Mir u kohkheh amnum sinbe vadah nadah ki nānadọh/ naṭoh num chari paṭa sung lamvāl ki thin iṭhahna naṭoh hrangpa. Mi akheh athuw nibe vadah ki ikanah na/ ihring na rang piidun

pham taka tuto sọl vātuwng hrang iphana naṭoh thung imāngna joso athuwka. Nii ikanah nahe pahuh kaning idọkin mii joso apha chajāvaso idọ piidun joso ṭhapahka. Tuto amato pachāng nungma josin chasah nesah kaning idọ piidun joso thaka.

Nana thiichu mathung veen in ki arọọko pajapee dipang nalodoh thung Naveen tuwng joso nā hroja hrokā tuto natho thung ihol na iṭhama dolti arijapa dahrah iṭhapah athuw mi, tuchang tuwng palung piihol ihol ru iṭhuw vapallee pen i amang joso vapha akheh thung palung piihol tangna nana bumhrang ammaso tumapa. Palung thu piihol ru iṭhuw nanapha nanape luhe changde iphana hlam akheh lihpa. Bus kari natuwng thung joso naungna to nabom ki mi adowng idum tumaso akal ipha chama kung napee thung ajahmeh ahman chadoh naka Asapavān joso vaning nalen ṭungnaka.

Na amṭhusah mi kung vānathii na nung vahro num ma naṭoh mahrangpa. Thiing kaning ithiing nung naṭoh pa dọtisung abol achọọng pakung tiso mi thu khal bom aval mahrangpa. Ani ṭhana thina piidun mahrangpa. Ani nanahro num ma nung he mi joso hro numnami idọ napadun hrangpa tuthal iṭoh joso naṭoh mahrangpa, tumaso ire isālna ithuw vahropa. Na am ṭhusah mikung aniki nanum ki thina piidun mahrangpa.

Pena iṭha tunso mi kung ipe he iṭha pah ki akhan pa. Mi kung iṭha tangnā biso pena idal jah tunso mi vabii thungjowso vachachah hmiing len biiso kol adumso bii nibe ama mito kol piihol pahki ari iṭho ru atol ka tuthal piihol/ ivalsa pām thung iam sapa idọ ki vadangnapa.

Amochara kung, kachapa, kachalanu̱, vātol ṭhu̱ ku̱ng kalu, aval hloh ku̱ng u̱, kapamo, kapako, aval hin ku̱ng kanu̱, kapa, pi, pu̱ penahin he tun sin sung nābii ṭhu̱ thung hin darāh iṭhama thuw nami amahe iṭhapah kol thang amnapa. Iṭhama penatunso ipe be mi vājāhna thung jāmanu̱ ipecha to joso ihmanna ami. Irena ṭhingjoso ilu̱papa pena tunso ipe he ṭhami. Tuthal mi ikowl thung joso iṭhama pena tunso ikowl mahrangpa.

Mi kheh tuwng lenṭāng ku̱ng vakol adum so ipehe iṭha pah ki nopa. darah ithi chamale idowng amohin matāng so aval ithuw sa mibe vadah dah ki palung thu thung ijacha it ovaṭho sāpa. Amato piidunpe phamthuwka. Vadah piithiing nu̱ car tuwngnu̱ iam mi akheh tuwng hlivenu̱ salpow aṭangnu̱ ibāl chechow iam ku̱ng ijom cha mahrangpa. Vakhu akheh asu̱l ṭinnu̱ hlam bom hlung piiku̱ hrang ichih amato joso vadah ki ijachā hrang amka. Ipangma mi akheh joso patiing doh pajosin vahā na ipaka hroka. Tutuwng thove pum ihring ki miki makhe be vathove hin to ijahchā ru iṭhu̱w kheh rukheh kol idun pham thuwka dahpa vadọte mi vanadọto palungthu piidun na vaṭhopa. Alal nahla iphasa hin ku̱ng ichāphampa idọki pe ikha piihmih papa tunnu̱ icha vanadọhe tujamanu̱ valu valām kāl ikhol he iṭhamapa. Sọl pasu pi asinnibe hnga idu̱hloh chachaka vadu ki anathuwng riphih sadoh kamo dapa vadọthung dah vāṭal na am kamo dọso ariingso ahrọnso thuwng naka. Tumaso lapanu̱ nanghe hnga e idu̱w athuwngvah vaduwngki anathuwnge riphih sasehdohka adọthuwng ithuwngte thuwngnaka rende ape nato vapalung thung piichāpah akheh padunnaka. Dahrah kol ithima aval akheh ku̱ng ānakhi tuto palung hmanna ami tutuwng mi akheh to kol idum pham thuwka.

Tuthal piiṭoh pathi vanadọhe so na amṭhusah mi kung itun nama iṭhama akhan akheh lihpa piiṭal nama iṭho aṭoh dọcha pajosin mi vanadọhe vāṭalna ampah ka. Vāṭalna vāsoh nama am doh pajoso kalālchāval aṭal cha idọ piichāngki aṭangni nang aṭho hrangpa. Tutuwng kāpaṭal val kā paṭoh pechāvah adọ thung kapaṭowpe vadọ panu paṭoh pechaka idọ paṭow penaka. Tuthal na amṭhusah mi kung piihmal na iṭhama akheh tobe ichọna MU thal piiṭo vanadọhpahe Lāmvāl napāl na thung iṭha ipāl idọ Lāmvāl piiselnu ichinamu ajahmeh piisāl nu vathii pa.

Ichina mu piisa/ piizọọ vanadọh vaṭha nama dahrah ammi. Lāmvāl vachina iṭhahna vapazọọ iṭha tungha ichina vatun hrangpa idọ piidun hrangpa. Ichina mu atajahmeh iam he ithi nama iṭhamapa. Hlamthung nachi thung male tungha ichi hrangpa, kari tho tisung kari akheh to jungkhel hloh kaning padun tibe male tungha ajungkhel hrangpa idọhe mi vāpumthu vachina mupa. Class thung thimpu thimpi hin ahe hluh nibe thimhlam cha vapumthu ihangrih huh hrangpa amalu he ichina mupa. Ama ichina mu he paṭoso ichih vanadọhe iṭhapah miki akhanpa. Ichā, ine thung, pena hlana thung ichih iṭowng thung ilum ileng nathung itun hrangpa dọnu vaihrona vana pazọ ichih mu vāpumthu vahmun vahmun ki vathal iṭow vachina thung changde tangna ipālna iṭha vachina thang changde. Tangna ipālna iṭho napa. Koh kheh ipāl na ki thin chāngdeh iam nahrang mihin vanaṭoh hrang mu ajahmeh amka. Ichina mu hin he chāngde ipāl piichang na lāmvāl chin nu vapazọọ. Ama lu vapumthu iṭha itun piichāngna piihrih pham tāka.

Pena ilu̱ piidang (Hrangthu)

Peṭuwn/ jeṭhuwn	=	Sentence
Matol	=	Vapanepa
Hangthuw	=	Meaning
Jiba sa	=	Ihring ihno, michang mi tuthal
Hirosima and Nagasaki	=	Vāhnọh dolti pām ki rāl vathu thung bomb deengnu̱ vana pajun hin Japan pām ki hmunpa
Haling daba	=	Those tresama
Koijangba	=	Lu̱m isuw
Tharum townaa	=	Mi piihal na iṭo
Byabehan kaidaba	=	Mi kol ibum
Vamhai	=	Koldum na ihe ki mi
Yapangnata oiram chikka	=	Vaṭangna iṭonih
Leibak macha taba	=	Vakul piihol

Piisel hrang

1. Imung tangna apathang
   a. Thana hringnu̱ iamkah lui thung ising val bal te dapa idọ apaduhmang
   b. Mi ama lenṭāng isingbal pum athum chah apazọọ vah
   c. Sinnu̱ akheh tuwng mi ki thin iko thin iko nāma athim iṭo vapa chāngsih?
   d. Mi ire isāl heto dahki pa idọ apadun mang
   e. Changde vanadọhe Asapavān nape pamo mi vasempa?

2. Petuwn athumchah thung apathangvah.
   a. Palung thing vanadọhe iam ṭhu̱ mi kāl dāhika nāmapa?
   b. Palung piihol ki nung akheh apadangvah
   c. Lenṭāng mi ku̱ng nunge mahrang nung ahnọ apazọọvah
   d. Piiṭoh pe vanadọhe aku̱ hinku̱ng dah vakanā na amka?
3. Pena ṭuwn athumcha thung apathangva.
   a. Pena iṭhum vanadọhe dāpa? Vadangna akhel apeva.
   b. Mi akheh ru akheh tuwng kol idum nite dāh ika nakna amka?
   c. Koh kheh amsahnibe dahdah ichina mu̱ vatun hrangpa?
4. Aluhin ru koh kheh bu̱ achā thunghin lāmvāl ichina itho dah atun manghin apazọọva.
5. Atung kāl ki thim hlam chahin vanaṭoh num nangte anaṭoh numma chari apadangnu̱, apazọọvah.
6. Unsah ilotangna iam naki ikanah na dahpa?

Thimṭuwn 3

MI KHEH KI TUM TUTHAL VANAṬOH HRANG

SANSKRIT PENĀTE adhikar pharing te RIGHT tuthal Anal penate 'TUM' idọ piihrika. Amahe Hmiṭi pena 'HAK' idọ joso vadọmang. Ama tum vanadọhe mi kheh pah ki joso tuthal lāmvāl ki joso amka. Amatumhe lāmvāl ki tum vana dọ tungha piisel hinchaka. Amatum he ikhel seh thung kelen (Democracy) ipha sa pām thung ihnim hloh vachina mang.

Tum iphana hrang mihin tuwng rāl iṭonụ tuthal rāl iṭoh nahrang iṭhungpa. Mii vāna dọseh tobe vanum isucha (Independence) pahe. Vanum piiṭiing so isucha vanadọhe mi kheh tuwng ṭonumso vaṭoh jāmapa, mi vāpumthu ki thin pa tuto mi akheh ki, tum joso iṭhụpa. Mi akheh, Rajnitidal akheh, khuruwng iam pām thung thoipu vazọl iṭo hmun thung be ama lulu kelen vanumba isucha vanadọhe iphana thuw thimi, ama pām tobe namphụ sasan (vajọl) idọ ichih pa. Ama lulu mikheh pah pām isow piiṭhama pām thung iam mi (citizen) hin tuwng vānachowlcha "CHOWLKO" hintuwng achinso pām semso vanachowl mi tuwng Lāmvāl ki palung ningṭung pām isuh piichāng amato Democratic country vadọpa.

Khrista vaiṭho dụ kum ajahmeh vavathung Greek pām thung Lāmvāl achinso pām ipu/ isuh piiṭhā na thang phuwngnụ iampa.

Atungha doltipām ajahme thunghe vachina representative government vadọte lāmvāl nachowl amalu mapahe. Tuthal Greek hinhe joso piiholpapah khupi pavalmi tuto khupi isọn vahmun vahmun thung pavaljenụ iam paje. Vahalte chavang pheṭha, lenṭāngte penahla na ihe pham ithuw numhin tuthal mi nung iṭacha hin amahin luki vana padun hin pe ithe na ki hmun rāhpenije. Lānglam piihol pāh pehlụ hlahlụ amnibe piikung jenụ khu piihol thung abung jenụ pena hlana vapaṭuh jāpacheje tutuwng mi nung iṭocha mi hin kụng vajah vahrān nahin pena ithechaki vapha patun mije. Greek hin thal ha roman hin iṭhing hin joso lāmvār ki "Patrician/ plebeian" tumaso 'slare' dọjenụ phuwng vapaṭiing paje. Lāmvāl ki vavajọl vanaṭọ hin be "patrician" hin kuh thung iṭupa amahin vānachowl hin mi ahnọ hinkụng vajọl iṭoh hrang vapumthu amahin kụng vape paje. Tutuwng plebian tuthal mi nung iṭocha hin thin darah vapathung mapaje. India thungjoso veidick yukta sabha dọnụ lāmvāl tuthal submittee dọnụ mi vahal padụnje achowl jenụ pām ki vajọl kitho ipuki pemin amka. Tuto datung pang ki vahlam thung thovāpasa paje idọ rimbe ithima ami tuthal amaluhin to piilāl khụmije. Atungbe mi vanathi pām hin kụng democracy ki ichi nahe French Revolution tuthal American war of Independence changki tangna vapaṭhun paje. Independence (vanum isuh piiṭhah) amalu luki vanum suw piiṭhah nunghe pām ahnọ hin he vāpajam khụ paje. Amaki tuwng vahlam athuwnụ great Britian ki aruwngnụ Victoria ki vapha thung vadọte (1837 -1902) ki piiṭhun Democracy ichina he doltipām thung piihnih tangna vachinamang.

Tuto doltipām thung mi iam hin mi ki TUM he changki pa idọ vathinabe dolti pām ki vāhnọ na rāl thalpa. Amathal tuwng kum

1948 thung Paris khupi thung General Assembly aungnu̱ Human Right Commission he semjenu̱ amatuwng United Nations he amahin vapajin paja. Tuthungtuwng mi akheh ithuw tum to tum ahnọ chah vāpaṭhin paje. Rowlsa civilru politician tuthal vahnọhna thung Economics, social tuwng cultural idọ vakhu paje. Tuto amahin to doltipām vapumthu atun vahso (sọsinna vahso) idọki idangna enbe ihrona pa ammije. Tuparende vapha thung tuwng South-Africa thung ido (pharing mihin tuwng ivum hin to piisin na doh hring dọjenu̱ Aparthird vanadọ sọhthipah mu̱ akheh vachina paje. Ama lothipah mu̱ (law/ no). Vana sem hin piichina mahrangki thin dọjeso UN piihol pah Ṭāngpi hin tuwng joso piirimna iṭo pachāngmije. Tuthal pām kheh pām kheh vasisih vachina hin joso iam khu̱pa. Tuthal UN ki chapter thung mihin ki tum (hak) he ihnim vapajoh mapaje. Piidangna tobe USSR (atungbe aṭhincha) China, Cuba, North Korea tuthal Africa pām vahal, Bharat (India) amahinhe democracy ni ichihe vatun pajenu̱ lāmvāl tuwng UN chapter thung ijo tum vanadọhe vātum mangje.

Vana phahrang tum

India ki Nothung vapaṭhun nato Democratic Republic he ichinapa idọ vāpadangsih. Ama tuwng India he Democracy no thung isang pām akheh pa vadọte kowhlām ki napadun thung ichina vadọnapa. Amaki vathal piiṭow kum panga (5 years term) ten Assembly kithin vote tholnu̱ (vote ithal natum sọchinna nu̱) mihin ki napadun ki vathal iṭow pām ipunaki mi nā chowl pahin. Vāhnọh nathung kum vanaparen pe vapha thung amaluluki mi achowl so piiṭha na ki thin election ṭo hin sinnu̱ chowlko nāchowl pahin.

Indian no thung lenṭāṭāng pām mi (citizen) kuṇg vana patang tum hin.

1. No thung mi vāpum thu iṭucha hmiing vanasuw le piidun nathung, phungthung sinnu simpa, vanung ṭoh nathung tuthal vahmun vā iṭhona thung dahrah pāṭimi.
2. Miten kuṇg vanapadun vapethehrang dahrah ikhām na iam ma piidangna vapesi. Voltaire Rousseauda vanapazo thimhna iṭhapah pena akheh amka anatobe – ama vapazo thimhna thung pena akheh rah hronum maning tuto nang akuṇg āna patum mu (No) thung isangka vathal iṭoh vadoṭe nang anapadun thangphuwng nato nii katho duki makhe kappaṭopa. Ama pato No piiṭona changkipa.
3. Akuṇ mikheh hringsowthung vatum to piiṭo pehrangpa.
4. Mi akheh to kapa chāng mang ido piidun tuwng nung piitah chāng mang ido piidun tuwng nung piitah idohe iṭoh mahrangpa.
5. Kum 2005 thung India ki mihin kuṇg no paṭiing hloh jenu sarkar (thoithacha) hin ki vanunghin to piidangnahrang Right to Information ido ki mu vapa amvalje.
6. India ki mi akheh tuwng vaam vahnum vachā na akheh suso amso vahringna rāl thuw paluh pahlimso ipāl hroka (tuto MOLKI molmi lam/ pām bethak piithāng mihin tuwng hromi vapha mungteh iambe vahropa.
7. Lāmvāl kāl iam mihin tuwng vape nahin len mi lenṭāng thicha majoso vanumbahin ki ibichāna vahro pesih
8. India thung Government vāna pasa hmun thung nung ita, thim ihlang itampe, Lepiidun, lenṭāng thung ikham/ piiṭoh nama ido hromi.

9. Ihnim ma phung hin vapena hin Lepiidun nalen thinhlam na in saso iṭoh na vahropesih.

India no thung lāmvāl ki nungehna vanape tumhin kāl piithāng to amapahinhe, amahin heto pharing pena be FUNDAMENTAL RIGHTS vadọte ichinama ihroma tumpa idọ pidun hrangpa. Amalu tum to iphanahrang no thung ibumpena amka.

Vana ṭoh hrang

India ki pām mi akheh athuw sung nana phahrang tum to piisa thee, nanaphā luluwng phāhjāh itun kin vamụ piiṭoki itun nama iṭhama iam khụpa. Tutuwng pharing pena "Right implies duty" vadọpa. Amaki vahang thu (va artha) tobe tum to phasin be nanaṭoh hrangnung ru aṭhụka. Tuthung rowlsathuwng pām mi hin tuwng palung thu piisun hloh piidun ru iṭhụwng amalu tumhe itun hrangpham thuwka. Amaki vathal iṭow Indian ki No to vakol idum hrangpa. Akụ mi kheh tuwng No vahro pa dọso vapha vatum to mi nunge name tuthal isọsin na mahrang tungha palung piidun ma itun mahrangpa. Piidangna tobe anihin napām hin pii kuna dọso Politian hin polics vahlam thung phaja piizọọ tuthal ipena mahrangpa.

Vahlam akheh tungha liso simpa sinnụ vāṭhing na ammi dọpajoso mi vahal tuwngbe sinnụ hinbe simpa kin paṭumhloh ka idọ vanapadun hin don malepaje. Simpa tuwng nahla valithung (chanachechan) vaṭoh thung sinnụ inhluhin vana paṭo to ihnim kāpe dọsọ tumaso amato phamaso amathung tuwng vāmi nụ to chọpareel so hmiing dọso amalu he atung sọọpha thuwmaso

tumapa. Akuमikheh tuwng simpa chara to sinnu chara kin adọhloh so atung kālki isingval na kuh sem tung vānadọ ma sinnu chara to vapothung ki piisown nu vanapathọ joso iam pa. Tuthal no thung vanahroma nungvaṭoh nathung joso ibol mipa seeng mi pa idọ piidunṭol joso amka. Mihnim hin tuwng phung isọn hin to durum abum nummije tuthal church akheh thungjoso paṭhing num mije. Ama nunghe pāmki (India) ichina mu to kul adummi idọte adangka. Ama pāmki ichọna mu hin to vāthọh thung karo kivajọl puki pedinna ingeen be hroka tuto ihman tangna kheh ru kheh iam nasabe pasaka. Ama tumhe mihin ki vakol valāl iamnaki thin vasempa. Ama vanasem hetuwng India thung independent ki thin rāl vanaṭoh do papii hmel nahrangpa tuwng kheh ru kheh unsah najāl ipāl na thi amaki nanu napahin ki vachina nung hinhe piiṭotee, napālna hin ithuw nasọl napāngki pow ithapiiṭo piihliim vaphaphaki isingna aṭhuw sọsinnaso nung vāpumthu iṭha iṭo vāpumthu he India citizen akheh ki vanaṭoh hrang tho thānapa. Ama ichina hin no thung isanghe nathi thunghin India mi paning idọhe thihin sinso chāngde ipāl pachāng hincha ka. Amathal doltipām thung palung lohna nung iṭoh nalen changki athuw naka pen ailu ki vahangthu (Artha) tuthal vahlam vadu piidangna (Block letters to be used)

Raja	=	Pām, hmun
Yatong khamdongba	=	Khamtung puhin vapehin chih hinmi
Apartheid	=	1948 thung South Africa thung iam vakowng ivum mihin vasih piiṭihna.
Charter	=	Mii vanahro ki vathal iṭowng vanapazọ thimhna

Barna	=	Miki pathọ, phung
Sasan	=	Vachih na mụ
Songbidhan	=	Constitution = No bol
Sanskrit	=	Vachina, vajati vādangna
Pankhei	=	Boundary line = Arọ ko ipha
Citizen	=	Pām mi
Khong gaonaba	=	Vanathunma
Tik-khan	=	Vakol
Machuwt'ra	=	Vaṭhah na iiṭo
Pukchel khijen tinnaba	=	Kheh ru kheh alonụ iamsah

Voltaire (1694-1778) = Vahmiing langlang be Francis Marie Arovat vadọpa. France ki darshanik (French mi atapa idọki piidangna piizọọchapa). Amamihe piihol pah lelụ ibuhki thopii valchapa tuthal ijong piidun mihinto ihroma nu inamtow amamihin lu ki piidāl/ tkhām nung lulu iṭo ki mipa. Amami he thimbụ ajahmeh piizọọ chapa ama hin kal tiwng pām thung piinụ piichinna upanyas candide (1759) vanadọ tu piithāng balpa

SOURSSEAU (Jian-jacques) Rousseau (1722-78) he Zena rehthung piihlụ French philosopherpa. Ama vanapazọọ thimbụ thung hin social contract vadọte ardasha ki masak oba state tuthal vapụ piiṭiingna lāmvāl ki thin hrangpa idọ vathiipa. Tuthal mikheh ki

vanapadun Nuwngcham ki vanungto lāmvāl vānadọh tungha pahlān hloh so dọnibe iphana ṭha naka vadọ khụpa. Thimbụ vanapazọọ ahnọ hmeh thung ki changki ithuw bal tobe thim hlamna ki vahlam na Amelie (1762) tuthal amaki hringsow ki khodin, conference thung French ki war of Independence tuthal kum 19 vaṭungki Romanticism kụng piihmiing pah vanahnowl na vapesih.

FRENCH REVOLUTION: Kum 1789 thung French thung political rāl vapaṭhunpa. Krista va-iṭho thal ki kum 18 thal ichina ihroma hli ihnim iṭhohin len ki ikhāmna iamma piizọọ ipe tuthal hnal phuwng ipe piichāng sọljow khehran ihnim piidụhin vapaṭhunpaje. Pām aruwng ki pena 1792 thungte amato pām ijee chapa dojenụ 16 vasụhna aruwngto vapaṭho paje.

AMERICA WAR OF INDEPENDENCE: (1775-1783) North-American thungki luwng/ lu 13 hmeh hin tuwng Britian hin len independence ki thin rāl vapaṭhun paje. French hintuwng aṭang inipah bumjenụ tutuwng Britiam hinto Carolimasta ki 1780-81 thung North tungha vahneng hloh valje. Amathal

Colonwalis hin 1781 thung vakuhle hin vapaṭha valje. 1783 thung chāngde iam nahrang ki thin Parish thung u̱h isāna thim vapazọ paje. Tuthal amaki piiṭhun tuwng USA to Independence ipha pām athuwcha idọ idālcha.

Piisel hrang chari

1. Imung tangna apathang
   a. Kowllām kithothahna vanadọ hete dahpa?
   b. Representative Government dahpa?
   c. Rowlsā Greece thung iam Nuwngcham pām chara iam hinto vahmiinghin dāpa?
   d. Atung tung ki vapālna thunghin ki kowllām iam he dah dah engte vapakumang?
   e. Kowllām iphasa thung pām athumki hmiing apazọọ vah.
   f. UN ki Lāmvāl vachina to dahpa?
2. Pena ṭuwn ahnọ val thung apathangvah.
   a. Voltarie tuwng Rousseau kung kowllām no langlang ki nung ithuw ihro dahpe vāthe?
   b. Right to Information Act thung dah iṭhahna ipha hrang amka?
c. Thim hlam nathung hmiing thālso thim vahlam thung India ki no bolt hung dā o vadọ mang?
3. Pena ṭuwn 5 val thung apa thang vah.

a. Fundamental Right thung changki ithuw tum vanapeto dah pa apazọọ vah.
b. Ipehroka idọ ipe piizọọ hroka idọ piizọọ idọki tum (Right) amka dọcha pajoso phajā ipesụsụ piizọọ sụsụbe hromi idọ amka amato dahpa apadangvah.
c. Simpa sinnu hin vātiina dahrah ammi dọ pajoso lāmvāl he padun manụ simpa sinnụ kụng vana nan tuhin amka amato vahlam dātungha vanantee paje āpadangvah.
d. Ibul ru ithiing to vachọna dā iampa?

Piilehna

1. Imung tangna apathang
   a. Europe ru America mihin he ihnimhloh thung feet aja rowng kaje?
   b. Iliah vanadọhe akụwng vapazọpa?
   c. Simpa kheh tuwng kụki dāh ithuw vapachāng sih?
   d. Mụ vanadọhe vakụng akụki thin vanuwmpa?
   e. "Adhikar" vanadọhate Anal pe dah vadọnapa?
   f. Kowllām no ichi thung akụwng pām tho vathāhmang?
2. Pena ṭuwn athumval thung apathangvah,
   a. Mi akheh len dah dah vatol ṭhụ amka?
   b. Kohkheh naamsah thung palung piihol iṭho dah vaṭha no iampa?
   c. Kowllām ichina pāmthung pām mi athuw sinbe vanaṭow hrang changki nungdahpa? Āpadangvah?
3. Pena ṭuwn 5 val thung apathang vah.
   a. Rāl iṭo idọ vanadọ he mihin kụwng tuwng dahdah vāpatolna apazọọ pa.
   b. Piiṭoh pe ihe vanadọhe d'h pa apadangvah.

c. Vaṭihna darah ammi dọcha pajoso sinpa tuwng sinnụ kụwng piiṭumhloh vanadọhe datung āhnowl pa apadang vah.

Pena hangthu piidangna chari

Kowllām china	= Democracy
Nuwngcham/ Kalen / vanum suw piiṭhah	= Independence/ freedom
Ihnum	= Manufacture
Tum	= Right
Penaṭuwn/ Peṭuwn	= Sentence
Hringthuw	= Meaning

Thimṭuwn 4

SIMPA RU SINNU VĀTOLNA

Pām akheh thung sinnu hin nungṭoh jāl sabhyatagi vadọte vaam nahin pām to kolthang nika idọhe ithi napachāng hin sih. Pām thung iam mi vāpum thu pām thah duthah na vapadun mang nadọ thung napahol chānamang. Thimbu piizọọ chahin vanadọ tobe pām thung iam sinnu hin ki vanungṭoh hin iṭha to vapan mang je. Ama penahe vāni ṭana tungha iam mi hin be dah rah ithima vahrosih amahin be sinnu hin he phungka ipuchahrang mane akheh lulu vapadun paje tuto India napām thunghin te sinnu hin he ruwngchin inipah phungka chāngde piiam piimoh tuki pām akheh to kolthang piiam thung akheh pa nadọpahin. Veidie Yug thung sinnu charahin ru simpa charahin he itol chah thim vāpahlam paje tuki Brahmacharya ṭeno piiṭo ipāl paje. Simpa sinnu ileema Beidie Sahitya thimbu vatam paje. Vahmiing ichih papah thimbu Lopamudra, Ghosha, Apala, Shikla, Nirasi, Veidie Mantra thimbu hin he piizọọ ijopaje. Sinnu athuw joso vāṭhuw pachāng hrang nibe "Veidie irat" roram thung ijo vahropa, thimpu nung vāpaṭoh paje. Lamvāi vābung thung Gargi, Matriyi vajoh hin ki idangna tobe Veidie Yug thung simpa sinnu ikhuki pemin jomi. Yagya vadọte hmi pachow nu vaipahlam thung vasinnu ru piihlān sah he vachinahin ṭeno ithuwpa. Mapung

iphasa sinnu hin tuwng "Swaimber" alum niheng vākhih ṭhu hrang ichowl vahropaje. Luchinsa simpa ru sinnu hin to iṭhin mahrang pa idọ to iampa. Dahpa vadọte pām thung vahmiing ichih pah "Risi" hin heng vanapadun hin tobe sinnu ru simpa hin he doltipavān isem cha vapu tuwng vasem sah paje, tuki tuwng ithiingjah sanatan dharmo vanadọ tobe simpa ru sinnu he akheh sah pa, vahmiing ichih pah Le to lubuh hrang vachithung vākhih ṭhu to ijoh nama ṭhami. Pām thung rowlsa vachinahin vanatun hin Manusamhita thimbu piizọọ cha Manu heng vanapan tobe sinnu hin kol vadum na pam thung be ajahmeh hin joso lehman kaje tuto koldum na ithima pam thungbe vanaṭoh vāpam thu sol ha māngka.

Ramayana tuthal Mahabharat ki vapha thung sinnu hin to kol adum jenu changhman vapāl hin to ivang chọpa. Sinnu hin to Dharmo ki roram thung ijoh na vanahrope athuw joso sabha ki roram thung te ijoh na hropemije. Tutuwng vahlam vapum thu thung sinnu hin to simpa hin ibum hrang to athuwcha. Panjab pām thung "Satidah" hin ki ṭeno to itun vapaṭhun valje. Sinnu hin to thim ihlam hroma chaje, sinnu chara iṭho adọma chaje. Wapha akheh thung vachinahin lukhra luchin na to vadon valje, ama vapumthu he mi pām ki rāl thung iṭhing hin vaṭung ṭhu paje. Muslim hin he pām thung vaṭhing ki sinnu hin he pām thung sọchin na hromacha. Tuto India thalkodin nahe suh thung Hindu ru Muslim thung thona iṭha palung piihol pām sọpa iṭo hrang sinnu piilarcha amahin tobe Ahilyabai, Sultana Razia, Lakshmibai hin he piihluchaje. India pām thung sinnu hin to isuwl pah va-am najeng te palung thu piihol pah Governor General

William Bentinck heng pām ki vachina hin "Satidah" ṭeno to kum 1829 thung pamuh nu sinnu chara vaṭho thung piithọ hromi, itha thim piihlam hrang pa dọnu pam thung thimri pachih nu Raja Mohon Roy hin heng bum jenu pam thungki sinnu chara hin to thim ihlam vapaṭhun valje.

India nuwngcham (independent) vaphanahe kum 60 athicha pam ki sangbidhan nasuh thung asin nibe sinnu simpa vaṭhingna aleseh ammi. Pām ki state ki ihronathung India ki parliament thung sinnu hin to simpa hin luluwng election rih jenu ikal hin to parliament ha pām ki chowlko tuwng piiṭhacha. Tutuwng sinnu akheh to India ki Prime Minister thang varon val tuthal pām thung piṭhul bal President pham to varon val centre ki state ki Mantri mandal thung sinnu ajahmeh to jocha, sọpe ralmi, thung Air Force, Navy thung sinnu officer ajahmeh jocha. Civil service thung parikha pachāng nu government ki piihol papah luloh phan iron thung sinnu ajahmeh amcha. Waphaki vathal iṭo rọnbing ki chavang pheṭha ithuna thung society thung luloh pham iron sinnu iṭo piichāng to athuwcha.

Suhin chaka asin ni India napām thunghin sinnu ru simpaki iṭo piichang na nathih thung vāṭhingna iam ma tuwng nathih mang, tuto simpa hin, sinnu hin to kol ithi pah ma luluwng nathih mang. Arāng napām thunghin amo vanaṭho hin to sinnu chara athuw nibe piithọ ijopa asin ni thungte miki aṭhuw to pathāng nu vanu pothung ki amato sinnu chara athuw nibe piimāng doh ijopa. Amahe dahki pa dọsin be chalanu akheh to in vanih thung vapa kungki vanahol hrang, vanalohrang ralthum to pām thung mi vanaṭoh vathuki ithuwpa, amajāmanu iṭhochama vāthu tuwng

vau vane hmi idọh tuthal vanum ithọna ahru chanu ithọ, hru len ahuw nu ithọ sinnu ijopa. India napām thunghin mi 100 thung mi 80 he khu thung, molthung, ipal to vathu ki tuwng town thung iam sinnu hin kin ituwl isọn tuwng palkaje, dahki pa dọsin be thim ini chana minjo vaphā chāna iam chama tuthal simpa tuwng vaṭoh num iṭo amapahe. Tujamanu sinnu hin itah hrang inthung nung vāpum thu vatah mang je, vi vah bu ipe, sal isel, chaling bu ihrah, ihnga, ibun vāpum thu ki nung he mine akheh tuwng vanaṭoh lulu vaṭoh mang je. Ama lulu ki pam lenṭang thung thimasin tuto India napām thunghin ithuwpa. Manipur thungki sinnu vaihmim be in vanih na vapām thung vaphungka to lun suh nu iṭha ipāl piimo naki vaṭoh mang.

India thung heng sinnu hin nungta nungli ichih ma vaṭha vaṭhaki minjo phanu ipāl piimoh he 100 thung 15% jāpa, town thungbe 16.6% ka. Parliament thung ijo elected sinnu Lok Sabha, Rajya Sabha vāchin kum 2004 thung 9% jāpa. Pam lenṭāng thungki sinnu thim ini hin ru vapatol thung mi vapatham mangje. Napām ki simpa thim ini hin he 100 thung 75. 85% sinnu hin 54.16% jāka tuto state ahnọ athum thungbe thim ini simpa sinnu he atol ka, amahe kum 2001 ki cencus pa. Doltipām thung nu akheh heng amo vaṭho thung ithọ he India pathāng balka, amahe kum 2003 thung mi 1.00,000 thung ithuwpa. Kum 2000 thung UN General Assembly thung million development goal kum 2015 iphaki vānasel to India thungbe iphama vahrosih. Doltipām thung ilu pah umle/ HIV – AIDS vanadọhe Nu hin kung rasọ thih na hmin hlohka.

Doltipām ki vāniṭāna tungha iam sinnu hin simpa luluwng kheh ha kheh ha iju iva vanapachāng hin he dahki padosin be thim ini paje, vadah vadah ki vahring na minjo vaphāna iampa, simpa hin kung ki ahno mije. Sinnu hin heng ikhel seh ito piichāng nahrang ki parliament thung vanapatuh hin tobe "Women Improwerment Act" vadote parliament thung state inung 33% he sinnu hin thin vathuwso election thung sinnu hin thina piiteena hmun simpa naka tuthal Sarva Siksha Ariyan thung paṭhun so sinnu chara thim ihlam na sempenaka. Waphaki vathal ito ising ival na ajahmeh piiteh joso pam thung iam phung akheh ki sinnu hin vanatoh hrang tino be piihmalana thanami.

Manusanhita thimbu he Hindu hin No thimbu akhehpa ido valopaje. Smriti vanado thimbu hin kāl rowlsapa. Swayambhuba manu heng kum koti athum ki vaduha vana ipa vadopaje tuto mi kheh bah vana-i thimbu aloh mi vadokhupaje. Sultana Razia (1236 – 1240) Altamaski vahhnuh thun ithuw vachalanupa tuthal Delhi gadi thung rowlsabal ijo piichāng muslim jolpa. Mi ikhel vāṭhuw ihrāpa, rruwngchin inipa, palungthu iseng, thona itha praja unshah piilo chala akhehpa. Vaphaten simpa powse ithung pa, vadah rarah to ralmi ki vapu vadote thosal cha ithuwpa. Pām akheh ki ningtho ithuw ki thang varonpa.

Ahilyabai he Maratha vanado phung hin kāl kol thang iron jol chara akhehpa. Malhar Rao Hokar, Hokar vanado Ningtho sake piithun chaki vāmi nupa. Vadah ki kum 30 thung hmikhunu ilopa tuto ningtho Gadi ithuwpa. Kum 1765 ki 1795 iphahe Malwa thung palnu, Indor he Malwa ki capital pa.

Lakshmibai he Jhangsi Rani joso vadọpaje. India mi hin British hin kụng nuwngcham iphānaki varowlsah na rāl kum 1857 sepoy Mutiny vanadọ thung thona iṭha tangna thasal cha yolchara akhehpa. Idongjah Brahmin jolpa, tuki thona iṭhapah valunụ Brahmam jol Tantia Tope ru palung kheh ihol India ru Bundelkhand ralmi hin ki thosal cha paje. Ralmi vathu ki tuwng simpa powse aṭhung nu chakowl len tuwngnu ral ṭonu vathona ṭhah to vāpadang pa. British ki Sir Hugh Rosena vanaching rālmi hin ru vāduh jete vakum 23 iṭungpeh pām unshah piilo Lakhmibai to kum 1858 june ṭha thung thona iṭha tangna rāl thung ṭangsamcha.

Raja Ram Mohan Roy he Brahman phungpa Bengal ki Hoogly state/ district thung kum 1772 thung iṭhopa. Wapha thung tuwng Hindu hin Lening he adọmanu Brahman Samaj vanadọ dharmo vapaṭhun sih. Pam unshah piilo, ithọ iṭọchama mihrāng akheh pa. SATI MEI thaba dhormo pamuh nu India pam thung heng pharing hin thimbụ tamso vapena hin ipe vadọh pa. England pām ha chih nụ British vanadọ pam thung kum 1833 thung ṭangsam cha.

Pedah chọọ ijo piidangna.

Sabhyata	-	Kolthang ini
Brahmacharya	-	Brahmacharya ṭeno (culture)
Veidic Yug	-	Hindu hin thimbụ palụ
Sanatan dharma	-	Ithiingjah Hindu dhormo
Yagya	-	Hmi pachoh nu tho vanaṭoh
Swaimber (sinnụ hin)	-	Vakhih thu ichowl nani.
Satida	-	Phung

Piichoọl na

1. Arāng India pām ki sinnu hin nungṭoh jāl pām ki kolthung nih na dah tung ithuw? Veidic Yug thung dah vaṭoh je? Dah tung ipal je?
2. Manusamhita thimbu piizoọ cha Manu heng sinnu hin kung dah aṭokhin vadọ?
3. Satidah eno he akhopām vapaṭhun je? Aku vāpadon pa?
4. India nuwngcham (Independent) vaphathal sinnu hin iṭo vanapachāng nahin apachang pang ai-vah?
5. Arāng India napām thung hin sinnu chara vaṭho thunghin dah vapaloje? Sinnu hin in phungka nung dah tung vaṭoh je? Manipur thungte dah tung vaṭoh mang je?
6. Kum 2001 ki cencus thung India ki simpa sinnu thim ini hin percentage ajaka? Kum 2000 thung UN Assembly vanapaṭuh apan nu apathang vah?
7. Doltipam vāniṭana tungha iam sinnu hin kheh ha kheh ha ichih iṭowng vanapachanghin dah kipa? Parliament thung vanapaṭuh hin Women Impowerment Act kheh apan nu apathang vah?

Thimṭuwn 5

THANG-TAGI VACHU (KĀNG, ADO KI VACHU) TUTHAL ATUNGKĀL KI TEPANG MI

Mol ru phe kip hung ahnọ hinto achin jenu pām vanasem thung tepang mi iam ajahmeh hin tung hiring nahrangki thin tuthal mi iam ajahmeh hin tuwng hiring nahrangki thin tuthal hme āmna hrangkithin phung ahnọ tuwng vālal ideh māng rāl idụjenụ iampaje. Arowng tobe, amapām ki suwng pāng vānakụl hin. Awa, Cachar tuthal Takhel vanadọ ru pām thung iam vanarel hin pena changki thung, pāmhleh, pāmhleh takhọ hmeh amjenụ amahin atah thung rāl iṭo iṭo pachehje. Tuthal khutuwng pām hleh ten ki valụloh hin churuwng ithuw ipalpapah hin tumanite vanumbah bah hin pāmhleh ki hmiinglen aching duwjenụ she, shal, ado sinjenu kheru khe idụ hnol hnol paje. Varowl sabal ki rāl idụ hinki pemin to be, Ningtho lambuba, Moirang ningtho Lambuba khuman kangleiron tuthal cheitharol khumbaba ama pahinhe, amato arāngki thim hna ichọl tangna joka. Vathal hneh na ki rāl vaidụh nahin peminto China pena iṭha tangna piizọọ ka.

Lenṭang akheh khutobe doltipām ki vahmun vaihnim he ahmāng dupāng, thinghlung vekhe piisọpah tuwng vakhumpa. Ahmāng isuwngliluh kāl tuwng palthi papah ki sahin – huwmpi, tom, paso huwmpi, pashe, parụl chekhe ahmāng sa lenṭang hin tuwng nunge tangna ahlun aṭong jenụ va amna paje vapha thung tuwng. Amahin kụng kito tepang mi tuthal vadonju hin vāpum thu hinto ikal nahrangki

kāng, Ado, hinto sinjenu, Huwmpi, Tom, pashe tuthal lenṭang sāh hrāng hinto idụh ṭhụ na hrangki atha ihluh tangna ru ijahrān piitel ru iṭhụ vatampaje chodureh ki Thimbu thung kāng ru Adoki pemin.

Vapaṭhun pahki pemin hlamin vadọte arāngki pemin thimbụ hin thanglon thangchat tuthal. Karthong lamlen thung kāng ru ado piidụh n ailụmnaki pemin amka. Anikhu isem vapa huh thal dolti ki vāpụ pesām thal iṭo ithọ mituwng ado sinnụ doltihe ahrowlnụ ahlun ka dọnụ. Karthong lamlen pakhangpa tuwng male ru machang ki pemin vaisih. Ningtho Aratthara ki kāng "Excalibur" ilochajeh ki hmel ruwngchin to ningtho hin tuwng vānado vānadọ thal iṭo kāngto semjennụ vasin paje. Ama ningtho hinki kāng vanasin hin pemin to vakuh vanai to thimbụ thung asangka.

Kāng vahal ki hmiing:-

1. Meidingngu naothingkhong kāngbe – Ipu kaba
2. Meidingngu kiyamba kāngbe – Chengki meiraba
3. Meidingngu khagemba kāngbe – khoukemba, khunkhomba
4. Meidingngu charairongba kāngbe – Khunkhomba, pukanba.
5. Meidingngu Garibaninaj ki kāngbe – Yakhu yekteibe
6. Meidingngu Gambhirsingh kāngbe – Mellei, Meiraba, yeki meiraba. Amapahin he

Thenggou:-

Pām thung heng kāng ru ado ki nung he rāl iṭoh nathin thina athuw mi palung thung vanapadun to huwn ha singval na ki nung ihe piidang hloh vanapachāng to mituwng ithe vapha mang. "Le hin ki aruwng pakhangpa ki ruwng ichih 7 (takhọ) piireh to 'Thin' vadọmang. Pakhang paki ruwng ichih 'thin' takhọ len heng hang pakal nu sai ahe me me nu amato then kou kou-e 'Aruba wane'. Thenggou vanadọhe kāng ileh jojoh ki thina athuw mi k'ng ru ado sinletoso

arowl thal pātoso amathal iṭo tuwng khuwngdedehso, ahnohso, athuh thoha alehro, vahronapang hethuwso amato Thwnggourol vadọmang.

Pām thung heng khu ipal hin molmi – phemi alemi itol chah vanasin hin kuhle hin kāl ado vanadọhe arāngki kuhle akhepa. Amahe sa piiduh na pithọna tuthal rāl thung vasin mang je. Sahin, Huwmpi iduḥ ṭhuna be kāng hin ado he ṭhahloh ka. Arāngki pen ate ado he Timen vadọpa (Timen he hmiṭl pena pa). Tuthal ado isinki mituwng chung (ingaa) vasinpa. Chung hmol len vapere nim nampa. Ingel leithel vadọmang tuthal ama he chung ru ado sinpumnu idam chā ha vangkhuwng dedeh nu amato khousaba vadọọmang. Tuthal amahe asān ki piithun vavang ṭoh paje. October (Aram) ṭha thung ki pā (paha) inun jenu ilumna hrang alum ache vaṭoh pacheh je. Pana khousaba vanadọ ilumna he iṭoh nama iṭha mapa vaam am nahin hmun thungki aval hin ru soldong chahin tuwng vadah vadah ki pana to sinsah jenu. Ningtho āng tuwng ache khe avang thuw jojoj jenu line vasem paje. Kuh vanai Thimbu akheh thung ipal papah hin ki, le hin ki valang ru, valang ma idangna isuh naki ado akhojenu idọ ki pena vaisih.

Arambai:-

Manipur ki rālmi hin tuwng kāng-ado, lirungshe shal thina jamanu kuhle ache chakowl len tuwng nu singval tangna iheval doh ki kuhle ache vana sin hinto arambai vadọpa. Chakowl rālmi hin pumthu tuwng chakowl len tunwg jenu chakowl sabal ahnọ len arambai ithamel mol paṭhung jenu she shal pun ahnọ vāpatho paje. Varāl mi hin ru vāduḥ thung jeng arembai to vadutung ha tuthal rāl vāleh thung te vathal tung ha piihel jenu vahe val paje. Tuki tuwng kuhle he rāl vaduḥ thung ru vāleh thung varing ṭhu teepaje. Amahin thin marupa ache athuwka. Awa rālmi hin Manipur rāl mihin vanaṭoh chapah jeto arambai kuhle pahe.

Kāng – ado itamna:-

Kang – ado isin na itam piiṭhun nahe vapha ru vani parenso tinso ammi. Amahin tuwng ni iṭha, ṭhaval vapalni, bṵṭtho vavar nito sujenu ṭhang iṭha sujenu vaocha hin inthung ṭhing jenṵ itam piiṭhun nahrang ki roram to vaṭoh japaje. Ama he hmiṭi (thangsani) tuwng vaṭoh cheh mang je kāng itam naki pena hin to –

1. Achumba kithin vathove piiṭha doh iṭo ma
2. Ishuwl ithāng hinto ibumpe
3. Leningnalen ru iṭha phungka ipālna itai.
4. Palung ithiing
5. Vapām vadṵ unsah piilo.
6. Vanṵ vapa to hmih nathe le pa ido piidun.
7. Aval ahrāng hinto vakol idum ru iṭhṵ sopa iṭohpe.
8. Sinnṵ hin ru amochara hin kṵng kung ilar ma palung thu iṭha ma hmihsuh isuma.
9. Michādun vālem vāpa ichama, budil shethi iṭhungma.
10. Chingcha iṭhama ichama.
11. Soldong hin tuwng thim vāhlam thung hin ini chechan ki palung ihol ma peol pita ma.
12. Vadah iṭhṵ ring rang.
13. Le ahno piikhih ma.
14. Kol dum tangna iam.

Imung tangnāng pemin he kāng-ado itam hin ki mi akheh athuw nibe Manipur ki vapa vapṵ hin ki vapha thoruwl ivang hin tuwng vanung ṭoh hin to he padun som som so vaṭoh hrangpa. British hin tuwng Manipur Christa 1891 thung vakuh thung hin vāpasangdoh kije akṵmikhe rah kāng-ado inthung ithi, ihneng hropemacha, itam joso hromacha. Ama vādang natobe kāngru ado jāl heng pām to inga naru pām isem nahrang thung ajahmeh ki nung vaṭoh nadoh sih vadopa

British hin vanapadun hin tobe kuhle he vaṭho makhe je athuh atho ra napalung tuthal iṭo iṭhu̱ na dodoh ṭha name vadọpaje.

Atung k'l thung heng Manipur ki soldong hin vaihnim tuwng koldum na ru akhan iṭhama, vanung ṭoh hrang iṭoma, vach' vanehin iṭha naki vapha thung heng ocha hin tuwng pena iṭha he ru iṭhu̱ piitam jeso dọnibe isoma iṭha hlam ha ivang ṭhu̱ pach'ng jenaka. Ataheng vapha isow lih ma thung vasa iṭhapah, paluung thu ichum na doltip'm hin athuw naka. Ama nung iṭoh nathung heng Government ru p'm thung iam mi v'pum thu tuwng koh kheh vapaṭhun hrangpa.

Piihrina pena chari:

Awa – Burma, Myanmar

Takheh – Ripura

Ningtho Lambura – Doltipām thung mi vanathi thimbu̱ akheh. Ningtho hin pām khe ha rāl du̱jenu̱ pachang jenu̱ amaki pemin ki thimbu̱.

Thanglon thangchat- Kāng, hmel ihnin pahki pemin.

Karthong lamlen - Ahmāng ki lehin vapaṭhun naki pemin thimbu̱

Arambai - Chakowl len tuwngnu rāl idu̱ ichih ki pemin thimbu̱.

Piichọl na:-

1. Arāng tuwng kāngru ado vanatam hinto dahkipa?
2. Manipur ki rāl mihin tuwng dahki vapha thung Arambai kuhle he nung vaṭoh napaje?
3. Awa sọpe hin tuwng dah maram ki Manipur sọpe to vaṭọh chāpaje?
4. Kāng ru ado itam naki pemin thung peu̱m dah dah asangka? Ai vah.

Thimṭuwn 6

SCIENCE TUTHAL TECHNOLOGY

Anihin atung he nābii nathung hin science tuthal technology peṵm he natun pah mang hin. Ṭumkheh khṵ atung ki punsi thung, vahlam thung ahnọ thung heng piiṭhah ne ihroma itọ he nathii hinsih. Tuto anihin asinni thung ahnọ ki vahlam thung heng vachāna vahlam ahlām mahin sin. Collins Ency family Encyclopedia thung be science he vapansih: system of knowledge founded on formal axious or theories constructed from observations and experiment Manipuri ha piiluh hroka. Vahlam ine sām vadah ichum ṭing ṭung tumanite sunso tuthal paleh so isāng pah peum ihnim thung tuwng iam vabol valel athuwso puthohso gian ki (losing) vachin ki vahlam vadṵ science (Sanskrit pena be inalna) navang vāl nahin vāthu ṭuwng punsithung nanaṭho jahin hmih suh ihong ka tuthal ama nanahnowl losing vahlam vadṵ thung napan hinto ithi cha. Ithi nanapamoh mahin tepang science he vahlam mang tuthal amaki vachu vaam tuwng pow aja pu ithoh cha. Ataheng tepang tuthal punsi dṵh nap iiṭung cha. Amaheng mowlsaki tuthal tepang ki, akheh tungha mi tuthal pāmdṵki ihnoh na iṭhama losing ki vahlam ha iselka.

Science jāl tepang heng doltipām vakhel val; dṵtejowl joso vakuh thung vāpasang val. Hmi padṵnṵ sọva chin naming. Arāng lṵbuh nṵ iam joso vakuh thung piisangnṵ asini thung sọ vachunamang.

Aeroplane, train, telegraph, telephone, television, gas, buki tuthal thọlki puthoh nahrang kal-karkhana computer piihol papah, thuwng, check thol ki in piithang, vāpumthu science ki losing ki khulon ki puthoh nṵ iam chechol pa. Science kin alāng lang be vano vanene to natam pahin tuthal masah ine ithuw to vaṭuh na ipha natam pahin. Science to natam mang hin tepang vanadahe vakhal tuthal hmih suh nalang ihromato vapadang mang. Science ki kuh thuwl tepang mi tuthal angah pa petha na iam ma vāpathāng mang.

Tuparende science vahlam thung scientist hin ahlam nṵ paleh jenṵ pu vanathoh (discovering) tuthal ānopa puvanathoh he (invest vanaṭoh) sechin naka idọ na ṭhami. Amaki vahlam thung heng technology ki jāl nalivahin mi ajahmeh sọl hluh nu matam pamāng nṵ amato vadon jāmang je. Shital jithung friends' pocket English to Manipuri dictionary thung technology 'Sillam tak pa bidya' dọnṵ vapaluh mang. Science heng vanahlam vahlam vadṵ he technology heng sichin nah rang akheh thung vahlam naming. Tuparende mihnim kṵng hrin pow puthoh nṵ amka, vakanah na, mihin kuh vapa tung duw science tumanite scientist hin vahlam to vapahang hrangva. Amalu he nung he ihlam nahrang tuwng Bharat thung iam Mumbai sahor thung iam TATA INSTITUTE vabol fundamental RESEARCH ki vābā ithuw school of Mathematic prof. KG. Ramanathanu ataheng vadọsih 'No work is done here with a view to application' (vahmun thung heng

thuwmbe thapa kherah itọh na hromi) ipam nụ iam pena he isal sin so sọl paṭha sinso sentuwng itāl naki vahlām Economist hin tumanite industrialist hin (vadọte shastra ihe mi hintuwng tumanite factory ling nu pow puṭhoh hin) kụng be ohrangma angahpa ithuw vahrosih.

Dahpa vadọte arth-sastra hinki makhe be kanah na akheh iṭhing ṭhuna pechāng ma thapa len sọl pahluh so vapha pamang so amatobe dah kananaka?

Anihin chap chana amaluhe ijena ki vahetung na hmun ipha patung sinbe hin leki hmih nabe dah rah kanama tuthal puthoh na piichāng ma losing ki tuthal kala ki (isem ithing ihelki) nanahuwna vapum thu awing nụ nanṭoh hin tumanite pum thing ithing to vangtanaka. Amatuwng ning molna tumanite vadah ki marupa na napadun hin science vanadọ ama luhe kanama mungteh pow thanaki ilum iheng na len vachāthụ mataso lenṭang darah ammi. Tuparende amahe valālwa ido (khudam) iam to ipanki vakanah na ale she ammi.

Ihro en anihin atung he science ki matang thung amchahin sin, anihin ki punsiki, tung ha amahe piijam sinnụ amka. Kum ajahmeh charite duha iam nāpa napụ hin kụngki anihin aleeseh pithāng punsi to napa phamahin. Tukituwng ani hin science he kanamawa, chumnaki ilụn ileng nawa mi wakhal thung vakhal thung phibam to piichọl naki palung pii thu nama ṭhami.

Nalang lang wa, science ki kananahe technology mateng ijomā mi ajām pabbe suh jo ijomāng tumanite ajameh ihnim iphama

joso hroka. Amahe dọjo sin scientist hin tuwng mihin thin nungeh na seseh vanaṭoh nun glen amatobe piiṭum be ilii pham tami, edition tuwng puwathoh thal isow ki pena iphoh nahrang vathal dah awing thuwnaka tumanite amaki he vang pahol seseh ka dah tung iwang pii thuhrang va tumanite iwang valna athuwnaka idọ he rowlsareh ithi piimoh ma joso hroka. Turah rende amato anihin ihhroha taya kahin sin technology vathal ha iwang hrang hlang tobe ithima hrojākahin sin. Ama hlang hlang hrin pose pu vanathoh hin he rowlsareh ki hlam pụ athuw kaje. Scientist hin he amo luluw amah in ki vanathii num tuthal amahin kụng iphato ampah paki thoṭoh to mahosa ki vanahre jāto iṭha jah wathii hloh wal.

Amaki to technologist hin tuwng ataheng vakhum ijomā Pahang jānụ iam ral hin to doltipām ki tepang hin miten to saruh thungso thi pahrih jenaka.

Rowlsareh lenṭang dārah ijomā ithinum pah tuwng vanghluh ka? Tuthal thalhnaki to lāng lam iseng kekoh kanah naki chari discovery iṭo tumanite invest vanaṭoh thung tuwng khu vakhọng mang. Ataheng amahin tuwng vanasem sa proto doltipām ha pahlar naka. Amahin kowkheh hunajeso doltipām thung heng iam mihin kụng punsiki ija ihrān nat avang paṭha naka.

Tukituwng tepang hin thin science tuthal technology ahnọ he marupa taka. Technology marupa athuwka, da pa vadọte ama jal heng tepang hin heng kanah na vapha mang. Science ki ihlam tuwng vanapa hlu sọl jowlkhehram ki kanah nato ija aja semso science he masing iten nung ma mihin kụng vapatung

pa. Amato science vanadọ he chumnaki technology he ikhih tee tumanite ikhih ma idon hrang vanakana? Pena akheh tung ha mihin tuwng science tumanite scientist hinto vadah kanah nothing iṭo luluw sọ vachin nahrang vana tumanite ṭum kheh amatuwng science ki ihlam nato vāpum thu kanah na vahlam ten thung iwang sin hrang va vanadọ to ithii hrang vana? Piichọl nalen heng piiṭhang be anihin science research thin heng sọl ihluh len dah tung vasuh mang idọ he nasuh pham hin taka.

Ama matāng thung heng anihin nanapadun hrang hin tobe, science ki research thung nanape thah hin sọl jowkhehram ihluh len heng vaphaten thung mahe (kanah na) iwang sin naki vadọte ilāl ki palung athuw naka. Ataheng iṭoh nama thama mi vadọki pow hrih panan nibe ama thung tuwng rowlsareh thung vana suw hrang tobe science ki spirit vanadọ vadọte, science ki ithuw palung iseng palung to tunaka. Lānglam scientist tuwng ama luhe ithing pa powhrih he hol nibe ama pu vanathoh hrang powseto maong tanami. Amatuwng achin lih ma ma vanahuna to piiṭha ha tanaka. Ataheng scientist akheh tuwng vapām paṭha so research ki vahlam ha itha hhloh khudong cha to akheh ha chih doh nibbe anihin amato brain drain dọhin sinso masah to vapām vapadun mava nadọmang hin tuwng nalang lang vana do hrang wa. Tuparende, technologist hin he vanalāl charilen lam vana hong tunibe amato piiṭoh pena be tami. Bharat thung iam Engineering college tuthal technology ki deptt. aja hmeh technologist hin kụng khudong icha aja vapee mang.

Scientist hin kụng ha iṭonum māng ihlam ki khudong cha ipe tanibe, akheh tung ha sol piiṭhaki iṭọhna iam, ahnọ iṭin tee hin to

piidun naki akheh be piithang ha taka. Amaki thin heng vajọl ja thang piidụ hin ithi hloh hint al na jenụ science ki ihlam nathung iṭoh nama iṭhama thapa ipe piimoh ma matih che scientist to ichowl ha taka. Vathal vapan sa vanụ alee seh ningmolna ammi, anihin palung jụpadun rung hin sin so vaphato itha ha takahin sin. Ama matāng thung heng Europe tuthal America ki Engineering, chemical tuthal hetha lāng thā isa isem hin kụng vahal itam cha hrang ithuw khudam to vahe pathe mang. Amahin pow ijol na ki thapalen, ikhel she anopa research tuwng rowlsaki ma-ong ihnoma vanaṭoh ru, anopa vanasān to dah len iṭhung ka idọto iphacha.

Amahe ithinụ kum ki budget thung amahin tuwng vānachowl scientist hin ikhel she anopa kuh su kuh heiphe nahrang tuwng vahromakhe ikhām hochoh ijomā research thin sol matih chā the nụ vathii mang. Atung ipha he kụ kheh rah ama len heng sọl pham he chanahrang tumanite atuwng pa iwang hrang sọl wa dọso limi. Mipāpa (Hme āmna) ki piiruw amahin vanaṭoh hrang nunglen heng vathung ha science len rowlsareh iung na ipa ha taka tuthal amahe tụm kheh technology to vapasum mang.

Anihin tuwng atombom lulu heng semsin so doltipāmhe pii mang nahrang ki sahti (pāngkal) akhih wa idong itọ tang nā tumanite hmelthi tang na naselmang hin. Tuparende ataheng naseel hin to ihla tangna naselmang hin. Science hin pu vanathoh to ital. asel hin nụ pām he napamāng mang hin, mi ajahmeh ki kuh le vasem mang amato science heng vanaṭoh mava technology jāl wa. Atom rowl sareh thung vaṭung peh thung be scientist hin tuwng amahin petha na iam māng piimāng nahrang rarah vasem

wa idọhe hmal phona hmal ma mang jeni. Technologist hin tuwng politics liụm hin tuwng vanaṭoh len hin tuwng iṭha matovaṭoh paje. Vaṭuh naha science he tepang pāl ki kanah naha sọchin nalen, amaki ikhel she iṭha to iphaka dọnibe amaki iphapham ithuw to ipe pham taka. Dah ṭharah amahe technology ki vanan ha piisang pham tami.

ILỤKI PEỤM TUTHAL VABOL PIIDANGNA:

Malangba	=	Athọ
Arthasastra	=	Semitlon
Iwangṭhọn seseh	=	Iwang piithang seseh
Hlampụ	=	Rowlsa
Khukhọng	=	Iwanghluh
Bidya	=	Mahe masing sindam
Budget	=	Ithuw hrang thin isimangka
Ichama	=	Itolma
Fundamental research	=	(Wabol ihlam/ piidang) powlen ihlam. Sọchinna akheh ithima wa napathāng Bombay thung sum bā akheh pa.
The Tata Institute of fundamental research	=	Tata Institute ki lal iluwl hin vana paṭhang poow maram akheh len ihlam na dọjenụ Bombay thung iam sum akheh pa.

Prof. KG. Ranathan (Kollajunta Gopalaiyar Ramanathan) = Kha Bharat thung Hydrabadta khri kum 1920 thung iṭhonu̱ 1951 thung Tata Institute of Fundamental Research thung Prof. Chandrasekhar ru kowkhel thapa ṭosah jenu̱. The school of Mathematics pithāng naki kanna huwna jenu̱. Ataheng ama vaṭoh kituwng iṭhapah ang kaki sanskriti akheh maong ita piipāl naki vahunathung ma tang athuw nu̱. Amaki tha iṭong Bharat ki University ajahmeh angkha piitam tuthal amaki va hlam thung heng ihlam ikhel she hran ru̱ vatang pa.

IBUM NAKI TUM

1. Imung tangna pareng kheh thung apathang vah.
   a. Science jālheng tepang anihin dah dah lu khudong icha naphahin sih?
   b. Science ki nalang lang iphana amka?
   c. Science heng ivest vanaṭoh ahnọ aivah.
   d. Technology vanaṭoh dah va?
2. Nang ahnọ thung apathang vah:-
   a. Science ru technology dah tung mari amka/ athuwkaje?

b. Scientist tuwng lānglam nung akheh lente tamanu̱ vanado̱ he dah ki vanaka?
c. Science ru technology tepang māngna ki masah vāpathu ki khudam akheh apewa.
d. Scientist akheh to dah tung piisum hrang va aivah.

3. Isampah masah āpadang vah
   Television, computer, brain – drain, atom bom
4. Science itam ki vakanahe piiparu ithuw nang som val pethuwm ai vah.

Thimṭuwn 7

VĀVEEN ṬHỤ POW IṬHĀ PIIṬOL

Dolti pām thung thore pum ihring vapum he vāeṭho ki piiṭhun ithọ iphana thung piiṭhana iṭhama ihring nahrang be avār hmiihisa, dụ, aṭhọ tuthal chọ piiṭhena dolti, Thing amahin he to vābom vasọl ki vāveenṭhụ pow (Environment) idọ vatun mang. Thove pum hin ruwng pow vāveen ṭhụ hin he ihniingbal thung piikeekaje. Vāvun ṭhụ pow hin he vahmun icha iṭha tangna piiṭụl hrangpa. Ama ki thin he vahlam ajahmee vakee na amka idọ ihlan vapaṭhunval.

Kum ajahmee ivangsa thunghe vāvun ṭhụ powhe ohrang ithema aṭal nowl cha idọ ithicha. Nuclear vanadọ rāl iṭown a (phung) hinhe dụ addingpi thung piiruwng tumanite idang iṭhama iṭha ki chāng vasuw valje tutuwng adding pi dụto ahrụ (Michọm) ru achincha jahaj (Dụ akuwng pihol)) thung hmidụ ithāl na bụr piihol ajahmee ṭọnu tujāmụ eku joso amcha. Amatuwng ṭum akheh khụ dụto vapabul khụval. Tuthal khupi ajahmee thung kār khana thungki vana sọsin na iṭhama thao ajahmee dụ kowng ki dụ hin juw jenụ adāngpi dụ ru achinchaje. Ama jahmee iṭhama ahnụ dụ tuwng ddolti pām thung iam dụ hin bul se sehcha. Ama dụthung iam thove ihring hin to vapathọ val ama luhe tuwng pāmto imāngnatāng iṭhāna dara ammacha.

Doltipām thung iam thove pumhin ki nakhe anisa tuthal ichọl aṭhọ hinhe phamije nibe iam pachāng namije, thọjā jenaka. Anisā thunghe aṭang nipah pakheh pakheh ki ikanāna (Radiant energy) amka. Amahin tobe X0Ray tuthal ultra violet ray amahin hebe ihring hin kụwng inānapa. Doltipām ki vāthāha kilometer 18 ki 50 iphanathung aṭhọki vathāl akheh bu luluwng Ozone ki vathal piping piihol satal luluwng pahruwn nụ iampa. Amatuwng anisa kāl iam ultra violet ray to dolti iṭung hrangto padālnụ iamoa.

Tutu supersonic transper (s.s.t). vadọte jet aeroplane thungki ithuw lemii khụ thung ki iam nitarii oxide perfunes vanadọ pow hin he jeso aṭhọ ki bululu ki ozone pāng iam to vapa māngmāngje . Ozone vapāng bu heto amjā nibe ultra-violete ray he dolti phaso ajụṭungso dolti pām thung iam thove ihring lein to iṭhọ pho vahropa.

Dolti pām thunghe ihringhin he vāphụw thung hin athọ he pehol tangna vabuna pepa . Kār khana thung ki ithuw ibul gas (athọ) ajahmee he athọ ibul he pehol bal nung vāpa thu pa . Amjā manụ ana lenhee pām ajahee ki mi hin tuwng ahmang thung ki ihmowng thing ajamee hin phụl jenụ tuthal hmiih thung vadụ khụpaje . Amahee aṭhụ thung iam carbon dioxide iamto ihnim hloh khụpa. India thung iam ani thunaki mihin tuwng kithin rangkang thing hlii vājenu ikhelseh vaṭow mangje . Amatuwng ahmāng thung iphahring pow vāpatāmang. Amahang to phephusin athuw poh cha. Vaṭuw nahabe aṭhọ ethama hrāngnu umle vāpa phuwng mang.

In bom ki abol achọọng (ithāng), khulon bupāng hāmvār pow julna vahmun thung piihlụwng ki ihring idọ do doh, vapha

piithuwng do doh tuwng aṭhọ ithung iphana ki vahnụpa. Atung kāl ki polithene bag he vahmun akheh thung iṭhah ithiso hrin isosinna iṭha iṭow hrangpa.Pakheh ki vaneh iam plastic khaụ hin to in perena, table len piikhum na, amochara hin khu pii khumna, thinkhil bu amnu thung saso isọsinna thanaka. Plastic polythene, tyre, kari tube amalu he hmiih idọọso iow mahringpa. Amalu pow ana dọ hin hmiih khụ to vahro makhe piiha nama adọ hring pahin . Dah pa vadọte ataja hmee ki hmi khụ ki ithuw tuwng ahrụ athuwnụ cancer umle ithuw ihra vathung asangka. Lāmvāl abungna, In ti inpāng, khulon bụ pang iṭhama abol athāng ival sụsụ ma vahmun akheh thung piihlụwng ki hmiih idọ hrangpa .

Abol achọọng hmiih anadọ paụh to anhlu duhlu anaduw thung ṭhāh tiso har hrang sọsinna hroka. Tuto adọ hmiin-khụ to piiha nama aṭow hrangpa dah pa vadọte ama hmiih anadọ hmi khụ tuwng aṭhọ piibul jāmanụ bronchitis, pharyngitis, lung cancer amalu umle vapathu kālmang.

Vāveen ṭhụ vabom vasọl ki thing hlung vakhe he imāng nama ki thin iṭhah ithi parih na piisol hrang athuw ka. Langlang tobe mi chari jātuwng thi amalu nunghe ithuw chama hrangpa. Amatuwng vākal pali ki mihin ama nunghe vaṭow phampa. Ama nunghe thim hlamna in (school) club tuthal lenṭāng ṭāng tho piival chahin kuiṭhụwng vahro makhe vowlhli hliso vāpa ṭow hrangpa. Abo lathāng piiseng ki thin social sevice camp piiṭow ru iṭhụwng vahmun iṭhoh isuso thingbul iduw luhe piiṭhun nụ vachọna mang. Ama kung he sarka office ki mihin vapumpa mang. Indian Government Forest tuthal Environment Ministry, non

conventional energy resource ministry, Human resourse ministry amahinhe joso vabow vasọl ki iamsa imāng hrang he piihring naṭol ki hunglen iṭow hrang ajahmee iṭown a vadọ mang. Ichọhrang thing hring vakhe tuthal sa hnga amalu he iam na mahrang tujamanụ iṭhah piitol iju na ki thin vakum ten nung iṭowna vapasamang India (Bharat) pām thung ithuw piiṭol ihro hin tobe National Environment month, Land resource week, wild life week vanadọ hinhe kum kheh thung vani paṭi jenụ tuthal doltipām thung khupi hin joso vaveenṭhụ vasọl vapāng ki pow piimāng nama dọnụ vanithung tuwng piisel na alum vaṭowmang.

Bharat napām thunghin amalu nung iṭow naki No amka. Ama no ki vahmiingto Environment Legislation tumanite Environment Act vadọmang. Amalu tuwng vāveen iam pow iṭhah isuw paṭhah na piichāngna kithin pa idọ hroka. Atahe vanasem tuwng pām thung ichọ hrangthing, ivāng hrang sa hnga ajahme, thove iam hin vadọte ripālbul hin he piiṭoh piihmowng tuthal phun hliiso iṭhāh piiamna hrangpa. Piihrina tobe pām thung iam ajuw, hụmpi, sachung (Rhinoserious) tangkung piihol hinbe piidụ, piithọ amnibe piirimna iṭow vahrosi. Tuthal dụkowng, ahlụ, pukhri dụ hin ki thunghe abol achọọng ival tujamanụ iṭhama ahrụ hithah hleh so iam kithin ama no he piirim na valen iphụwn hroka. Amalu vāpum thuhe imānghrang pow vabom vasọl ki piitow namahrang ki thinpa. Nahring hinhe nakāl hin ki iam pow vapumthu ru iṭhụ pahin sin. Nahringsow hin ru nabom nasọl ki pow hin he iṭhin na iṭha mapa. Ihman iol iṭha ipāl piidun mi vapumthuhe piimāngma naseel hrang pahin. Lānglam ithi ihmụma pamāng doh pajo hin sin nathi thal hin he iṭow name nadọ hrang pahin tujamanụ imāng to piihulna nadọ hrang pahin.

PENA PIIRUM CHARI HIN PIIDANGNA

Peṭhuwn/ jeṭhuwn	=	Sentence
Kal khana	=	Pow isemna hmun
Hangthuw	=	Meaning
Sakti	=	Aṭangmina
X-Ray	=	Aṭhuw nungtā electric ki iṭhām
Ultra violet	=	Piihniih pah isin aniṭhām
Ozone vaṭhal	=	Va parim iam oxygen akheh thung ki ithuw athọki vakhāl.
Super sonic	=	Pena ichih kin piijāng hlāh
Nitric oxide	=	Nitrogen, oxygen tuthal lenṭang pow ijo
Perfume	=	Parim iṭha
Hairdye spray	=	Sam vareeh isem thung vanaka.
Chlorofluorocarbon	=	Ozone piikụ piichāng hitha akheh.
Bronchitis	=	Kholpụ umle akheh.
Pharyngitis	=	Athọ ichihna arowlhrụ thung iseng iminleeng lowng pakhā umle ipowmna.
Act	=	No piijencha hin vanasem vanahro ichih na.

PIISEL HRANG VVAHLEH

1. Bracket thungki pena hinhe achowlnụ varuna hmun thung apachenụ apadimpa

a. Anisa thung dah dah amka _____
(Vephul/ alāngnii. Dụ)

b. _____ vaṭong niina vapaṭhunna vapumthu mi vathitih si (Manipur/ Bharat/ doltipām)

c. Pakheh pakheh ki plastic khaụ reeh hin he pajin sụlso piireeh piithingki nunglen isem _____ hroka (Piibal/ piika/ itun)

d. Abol achọọng piikung ki hmiih vadọthung ki vanapha _____ to anhlụ duhlu iduw thung har akheh isọsinna hroka. (paụh/ hmiikhụ/aṭhọ)

2. Pena ṭuwn ahnọ val thung apathangva.

a. Vāveen ṭhụ pow vadọte pharing pena environment vanadọ hete akholu e vadọ vapa.

b. Ozone mi vaṭhāl he dolti pām thung dāh ikanāna amka?

c. Dụkowng, adding tuthal pukhri ki dụ ibul hete dākipa?

d. Adingpi ki dụ ahrụ ru ahne ka vanadọte dāh kipa.

e. Ozone ki vakhāl he ammaso dọnite dah ithuw hroka?

f. Environment Act (No) he dāh ki thin pa?

3. Penaṭuwn panga val thung apathangva

a. Kum 100 thunghe doltipām ki vāveenṭhụ pow imāng mihin dāte ṭojenụ tupa apadang.

b. Ithama abul achọọnghe datung iṭha ihneehrangpa āpadangva.

c. Vāveen ṭhụ pow he datung piṭo piihliim hrangpa āpadang.

4. Ainti ainpāng athiing iam nahrang dādah iṭow hrangpa idọ thimhna alukụwng apazọọnụ athepeva.

5. Vananki picture he asunụ dāh athiina amka, pena ṭuwn panga val thung āpadang hloh va.

Thimṭuwn 8

LĀMWĀR PE PAṬUH

Kahlu tiing kipa, valing (Imphal) khupi bom tuwng khuhrin akheh tuwn jenu̱ ama hmiing to khuhrin idọng pahol jenu̱. Ama hmun thung tuwng club akheh pahmu̱jenu lāmwāl bungna pa-am sinso roram isel hrang abung chaje. Khuthungki aval ahrāng hin, hmiṭuwn isin hin nu̱ruwl hin, Thimpu̱ hin kheh tuthal lenruwl (so idong) ṭāngpi hin, kheh onjenu tuja manu vasọl vapāng ki aval ahrāng hin kheh ijovaje.

Ithi chuma athi vaṭuh thung, duha dah rāl ringna naṭoh hrangpa? Idọki vahlam ha dah vadangna iṭoh hrangto duha rāl ringna bulā (flag) vadāl valje. Tuthal pena vapa ṭhunt hung hin tuwng, langlam athi sambāl ṭulor nito idọ ki ro vasel thung hin tuwng, Ṭāngsel cha Thambou to kowlpho lo (Mike) thung ongnu, Asinni isel hrang pena he piizọọ cha hrang Leishram Thoiba to vachowl valje.

Thambou to athuh aruwl ithi hloh mi akhelpa. Pāmki vatuh varowl ithi, Vishavadya ki singval heval akhehpa. Ama ku̱ng piichọl ihro piichọl hroka, amaba vaneh vanoh dah-lu dah-lu vathi tih pa. Ama pām thung tuwng vapena ichih pah. Thim joso iniva dọnu Tomcha tuwng lamwar kāl hang rih-nu thang vaphuwng val. Tuthal Thoiba to lu̱lehc-cha (Chairman) athuwnu iṭha tangna

thang vaphuwngval. Tuthung ki ibung hinto, Pu̱-Pi hin, Pa hin Nu̱hin ku̱ng thang phuwngnu̱ ataheng donu, Asinni lāmwl nana pasel hrang hin, idọhin penate (disaster management) athi ṭuh thung kitho piival cha vadọnapa. Atung kāl he ṭhongbum ki athi iṭu he rāl ringnama iṭhama akheh lih-ha taka. Ama luluki athi ṭuh-nahe athuwnami idona iṭhama akheh li lihpa. Amalulu vathu bum thung vahlam ahnọ hmeh ha iṭoh hrang ha taka hin sin.

Amatobe, mi nasem (kuh pathu) thung kipow se thung athi iṭu, tumanite, khura du̱rathung du̱hoh chih-nu pām imāng, aṭhọ khu hrāngnu Tingna ṭhingnu, pām imāng ama luluhe ideh lih ma vaṭhing thung amka. 2004 kum thungki December ṭha ki Nitin 26 thung Indonesia adding (Samadra) thung vapaṭun vapa thāng naki Tingna piihnih pah vaṭhingte, aṭhọ khuru aloh thin cha-nu, Tsemnary hmun thung mi 2, 70, 000 ikhel mi thọ mihring phanu, India thungki ama pāmha nung ita hin lang rah 9, 575 ithọ vapha paje.

Adetā iungja aval akheh tuwng Thamnou ku̱ng pachọlnu, chapa atung rah he apena kāna jah he du̱hoh ichih ki penava. Chum pah ka, napām hin Manipur thung jongso du̱hoh ichih ṭol he hlive cha anihin joso ohrangma ijah ihrānna napa teel chāmanghin. Asāng kum rarah jongso, khura du̱ra tuwng pām thumnu, hlive na ṭhamanu, tuthal iko pachāna joso ohrangma ṭhing bum nite idọki rāl ringna to iṭho tee hrang dah hithah lāngtha rāl iring hrangpa?

Thoiba tuwng pathangnu, kappa mo nang kānapachọl tihe vachah rah kapa chọl sihti. Iko pachana vaṭhing thung rowlsareh thung, ikoto dah tung pang koka? Vapachang ki vathal iṭong

Doctor ha, athim chungru ha, tritment piiṭoh hrangpa, hitha lāngtha vachā vane hrang irin. Amo nedong vanibe, amato joso Nurse kuṇg ha, athim hrāng kuṇgha, piisuh ting hrangpa. Mi thina jamanu cokhāl ki makhe umle vapha thung amka. Ama to joso, donva nite vatenary ha piisuh hrangpa, atungte duṇhoh ki vahlam ha jung pasel khuṇ hin chaka. Duṇhoh he tuwng vakkhum thalbe iso somang ithọna to vapha chapa. Tuki tuwng India pām he vakum ten duṇhoh he tuwng vain vaduṇ iam chama chara neriim aja hme hmeh vani vaniki ngha la chanu hiring cha hinso mi iren nungma ithọ vapha cha paje. Tuki tuwng duṇhoh ichih ki vahlam ha hlam taruh hmeh ithi doh hrang ha taka hin sin.

1. Azọ thungki thingbol iva poh piikow poh idon doh hrangpa.
2. Chọl vinu, duṇkong linnu, duṇbangki thingbol juwnu, thingmung thingsee vana ju tuwng duṇbangki hlibalki chọ mangnu inkhon mangnu amahe.
3. Chọh min chimnu, duṇ paholnu duṇbangki chọbal māngnuṇ.
4. Chọh-min chimnu, duṇboh thungnuṇ, hlibāl chọ iṭha papah mangka.
5. Duṇbang ihningki in isa to, duṇbangki bolchọng bolhnal ine hrang duṇ iṭha iphama.
6. Duṇ thung bolchọng bolhneh chamnu, pabolnu piidalcha ito powse valnu.

   Tepang ani tuwng ithiing ibol to piisin thima sinbe, imāngnana ikona, khuthi duṇthalma ha ita va hin sin. Duṇkong bang hnom ithah-na isem, bolchọng bolhneh duṇbangha ival. Amahe chummi.

Atung duhoh vachi thung dah rāl ringna nana ṭoh hrang hin.

a. Na in naduto duthum hrang nibe, powse nana ṭhuh rang hinto Radio, T.V. imang hrang powse, budil, chaṭang bal ṭang, donkhal ihong ihro ihong, apang thungki chaṭang, inthungki icha inee hrang bucha, an budil sedil, aduṭhọ k'n glenṭang tang ari reh, iṭhu ihro iṭhu poh.

Lenruwl ki Ṭāngselcha Chapa Thambou tuwng pena akheh thangphuwngnu ataheng dọnu, pām imang nama hrangki vahlam to najah huh val hin, duhoh vachi thung ki rāl ringna luluwng Tingna vaṭhing thunki rāl to ṭumkheh kathii num pah mang hin.

Himaliya pāmhe vatho vathoki Tingna iṭhing to kajah hnol mang hin, tuki Manipur ki joso vapaṭun vapathāngna (North & East) thung he jongso athi ṭuh-na he isangval. Tuto athuw nibe, Manipur pām thung heng ama luki athi ṭuh-na ṭhing nite idọki duha dah naṭoh the theh hrangpa? Idọhe duha rāl iring sah hrangha taka.

Thoiba tuwng vape don paṭunu ataheng dọnu, Tingna aṭhing he alum piihnih pahki palung jah-na pah akheh luluhpa. Tingna vaṭhing thung mi palunghe māng puh-nu arọn ithuw to miten a-eruru nu, palung achun hnow hnow jāka. Amalu amala he ithuw lalah ṭol he vaduha lilih palung piithu hin sinso, rāl ringna to iso somāng iṭoh pham thuw rarahka. Tingna he dolti ralki be ithuwpa idọhe adangka, Tingna vaṭhing nahnol hmun to dolti ral ha KM 700 val ki ithuw

vahrosih, tingna vaṭhingna khal iamto Siuismo graph (Tingnā thuna hmun) vadọ mang. Mi aja hmehmeh jongso aja saj mangni. Tuki kum 2001 thung Gujarat thung mi 30, 000 hmeh ithọva. Amato najāh nathungbe doltipām thung pithāngbal Tingnā iṭhing athuwka. Rechter scale 7.9 va. Atung joso amalu amala he, ithuw joso vahro jāsih, tuki tuwng amalu ama lahe vathu duw, duha dah rāl ringna naṭoh hrang pahin idọhe, thang kaphuwng cha num pah mang. Ama tobe, na-amna hrang hin in nasah thung hinki vahlam ha thang kaphuwng numpah tobe, mipām ki in isa hin tuwng hinki vahlam ha thang kaphuwng numpah tobe, mipām ki in isa hin tuwng dah tung va-in hinto vasah mangje idọ vahlampa. Ama hinbe chek in sahrang henibe, bang to thọl ijo, thọ ihrṵ itṵ vadọte RCC bang ral to vatṵh hrangpa, tuthal in to change ring rung (piihol) sa kaning dọnibe, kolken thung vasah mapaje. Pām vapa jah-na thung change ring rung vasah mangje. In hmun to kham len isamang, piija ring rung, arọn thuna ma hmun thung vasah mangje. Ama noto piiṭho hrangpa.

Chapa Thoiba tuwng khuhrin ki hmila isin cha nṵruwl hin ki lṵleh cha Ningsitombi ruwng ahlāng longnṵ Thoiba pehmol to paṭunu, Tingnā iṭhingki vahlam ha chapa heng iṭha tangna pena nāthe pe val hin, tuthal nii ana pachọl num khṵ ningbe, chihmin ichin thungki apa chọl cha num mang ning. Chitmin te molha thina jāmanu pheha jongso chimjā nu amaki vahlam ha apachọl chā num mang ning. Vadọte Dimapur hlam, Ziri hlam, Mureh hlam joso chihmin ichim ṭol kihe josorāl ringna

kājah num mang hin. Thoiba tuwng pathangnu, chum pah ka chihmin ichim he mol aleemi phe pheha joso ichim huh jāpa. Ama hebe English pena (ido hin pena) be landslide vadọ mang. Ama he anihin pām thina jāmanu, doltipām vāpum thu thung ithuw huh jāpa. Athuh atho vachi vaṭongna thung, jongso, chihmin ichim ihnowl, dụhoh ichih ihnowl, Tingnā iṭhing ihnowl, athọ khu ihrāng ihnowl ihnowl patham ihnowl he ampahka. Nakeṭhụ hin Nepal thung kum 2002 August 21 thung ithuw chihmin ichim thung ithi chụma, mi 419 hmeh ithọna amnu, mi 105 hmeh ija ihrān phanu tuthal phungka 53, 152 tuwng ijah ihran phajenu.

Sinnụ ruwl ki Nungsitombi tuwng alah din junnu pathangnu, chapa nang ata japing pena anathe he vachah pena thang aphuwngpa idọhe, lāmvār ijaki makhe kajah cha sah hin sih. Mipām thina jā manu anihin pām hejoso athi ṭunami idọna ṭhami ama tuwng duha dah rālringna naṭoh hrang pahin? Idọ duha iṭoh hrang to miten ithi to ṭhasehka.

Thoiba tuwng vape hnowl paṭunu, kaụ nụ nang apena to vachah sọrah pekati. Chihmin ichimte dah tung chihmin te ichimpa idọhe chari pang thang kaphuwng cha num pah mang. Vadọte, chih mihichim he hlamhnọ hlam thum ikhu ha taka. Ama tobe, khu raseh doh-nu dolti ano cumnu athuha dụ adum jānu, ichim joso amka. Tuthal akho bānṭa to khu raseh doh nibe vanum num dolti to a son jụw jụwnu chimjāka, tuthal akheh khụtobe, mi tuwng hli vanu, thingbol phụlnu pāmto pakow peh nu khuto varaki dụchal chih-nu ahlụ or dụkong to paholnu, pām to dụhoh tuwng vapa māng mang

tuthal mi tuwng thingbol to ijol hrang phuṇnu, lanu tuthal paṭol nu kumhnọ kum thum paṭolnu vave ṭolki khura thung duḥoh luluwng duḥchal to ahlu̱ ha ṭungnu, chih min ichim joso ijopa.

Khuhrin ki Elementary school ki Head Master mera tuwng thang phuwng khu̱nu, vachah pena vathepa tuto kanepa thang phuwng na thung thang vana phuwngma to kāngruw hmi hmang kho chāha thang phuwngmi tuto kangruw hmihmang he pam ikangva/ iṭhulpa, in ikāngva, kethọl ikāngva khupi (sahor) ikāngva, khura, khu iṭhu̱va, mi phona ikāngva. Tuthung tuwng Thoiba tuwng tarichọọ tangna pe akheh thang phuwng khu̱nu, Thoiba tuwng tarinchọọ tangna pena akheh thang phuwng khu̱nu, in kangnu mijoso ikang amnu school kangnu school chara ikāng joso amcha, ama lulu athi vaṭuh thung tuwng lamwar tuwng dah vaṭoh hrangpa idọ vahlam ha chari pang pena thecha lah khu̱ tangni, amalu amala athiṭuh-na vaṭhing thung, kowlpholo (mike) thung mi najah na ongso mi naṭā na piihrang tangna ongso, mi pakung naka, ilim ichām hinto koh-sol ha adum jeso, hospital ha ṭhu̱jeso vanuwm hrang pa. In iṭhu̱wl to vathungki powse iṭhu ihro ṭhuw jeso, ikangna nama ki powse to vaṭhu ṭhu̱ hrang paje. In thungki ari areh ik'ng nama ki lāmwār tuwng vaṭhu ṭhu̱ hrangpa.

Lulocha Tomcha tuwng ataheng cọnu̱, asin niki athi iṭuki ijah ihr'ng na he atung thalte ṭumkheh ṭumkheh ithuna ma hrangki miten palung thung piihmalma rālring na sah hin chaka. Amalu amala he vathu thung angal ijāng tangna athi ṭuh-na hmun

ha ikung tuthal ibumpe vaṭhah na tungha palung piihluh sah hrang pahin sin.

PENA ILU̱ HE PIILEHLOH

1	Mihrang	=	Vapena ichih
2	Duchal	=	Du̱-luwngna hrang/ duhlam
3	Doltiral	=	Dolti vathung
4	Insaki nung	=	Indu̱ khehram isahna hlam
5	Paliing	=	Acho phunsin nu̱
		=	Thah lungpalba ikhang bang ikhangna (Bem)
6	Solbu̱wl	=	Sọlpu̱ (Minpu̱)
7	Khani	=	Thọọl dolti thungki vathuna him
8	Rce. culen	=	Hlungru ṭhọthu bilati dolti tuthal thọl ijo vanasem

PIISEL HRANG CHARI

Imungtangnā apathangvah

a. Khuhrin ki club (Kanpu̱) hin abungjenu̱ vānasel (vapa pasel) hin dahpa?
b. Tsunami vanadọhe dah vadọnapa?
c. Tsunami vanadọhete dahpa?
d. Ithi chọma rasọ thihva chowl vanadọte vahlam ajahmeh piithinka.
e. Vano – nopa dọnu̱ rasọ thihna chowl vadọte akho lu-e vadepa.

f. India thung vakum ten dṵhol chihnṵ/ linnṵ dah rasọh thihna tuthal dah vapamāng paje.
g. Doltip'm ki dolti vatungha iam Tingnā iṭhing vapaṭhun nate dah o-vadọsih.
h. Tingnā iṭhing vapaṭhuman kutle te dah o vadọmang?
i. Bung vachimting rowlsareh iduh ṭhṵhrangto akṵpa?
    1. 'Survival skill' he dah dah o vadọnapa?
    2. Lāmvāl ki vaihrona vanadọte dah pena ihropaje?
    3. Khuhrin club (kampṵ) hin piiselna vachangki vānaseel hin ki vahlan dahpa? Vānasel hin ki vahlam imungsar apazọọvah?
    4. Tepangmi kuhsemki ithuw ithọna vanadọte dah lu-dah lupa?
    5. Akho-hmun akhoh munthung Tingnāte piihnih bal ithingpa?
    6. Tingnāiṭhing hrang ingana (protect) ki thin dah tung in-isah hrangpa.
    7. Bung vachimthung dah ithọna ahnowl naka?
    8. Bung ichim hinki vahlam vadṵ apazọọvah?
    9. Hmi-bung kuso dolti kehso tuthung tuwng iṭoh hrangpa idọki vahlamthung Thoiba vanathe to apazọọva.

Thimṭuwn 9

MOUNT EVEREST IHANGKALKI VĀCHE – VĀṬANNA

1. Himalaya Bungpi thung iam Everest bung vadon he doltipām thung piithāngbal (irowngbal) bungpa. Ama bung piithāng pahhe Nepal ru Tibet ki pheṭhoḍāl na (North) piidāl tung ha latitude degree 2759 ru chungmi thuna (East) ki latitude degree 86.56 thung amka. Everest he ading dụpi ki vāthah metre 8850 he pathāngka.

2. Rowlsareh ṭe Himalaya bung-len thung iam bunghin kālhee Canchanjangga he piithāngbalpa, idọ valiipaje. Tuto Christa vaiṭhothal 1852 kumthung Surveyor General of India ithuw George Everest he iṭhụjenụ The Great Trigonometrical iuwl (servay of India) iṭhatangna vaṭohval. Canchanjangga bunglon (Bungdon) piithāng athuwmi, amakinbe bung ihangko he No. 15 he Piithāngbal bungpa, idọọ adang cha. Christa 1865 kumki piiṭhun vadah hmiing paholnụ amabung piiṭhụlpah he "Everest Mount" hmiing idọ vapaholval.

3. Tibetki mihin Chomolungma vanadọ tuthal Nepali hin Sagarmatha vanadọ Everest bung he Christa kum 1921 ki piiṭhun bung pasụwl iṭungna vahuwna hin tuwng mi ajahmeh

ija-ihrān vaphapa, hlamjoso ṭhacha pena-hlana piijahna iphana so lepahcha. Dụ aṭhọ ṭhaka thami ithih na pahrih iṭhapa kuhpathu (kuhle-kuhsụ) ammolcha, tuto Bungpasụwl ha iṭung nakhoh te, piisapah athuwcha. Bungpasụwl amna hmun toso ihrọnpah hrang amcha vapasah nabal akheh khụbe dụ aṭhọ vachā matuwng dụ aṭhọ vadọte, Aol-ṭang piipee, piihol pa-pah bunglen ki chimnụ tuthal lenṭāng-ṭāng isa ide aṭhing hlo-hlohnụ amatuwng valụhnapah iampa. Tuthal vapasah napah iṭọh chāhrang akheh tobe aṭhọthung mihringna aṭhọhe (oxygen) iṭowm tangnā jojācha. Metre 7500 vāthah ha oxygen vadọte (mihringna iṭhọ) vavaki tuwng iphụ pasapahnụ aphuh idung do-doh iphụpa, tuthal mihol aṭhom ṭung-ṭung ka, vajungchā junmi, ichāna ṭhami, tuthal, vaputhi talka. Amaki tuwng metre 7600 ki piithāng to anihintuwng 'Death Zone' (ithọsa hmun) nadọmanghin.

4. Ihangrowng bungdon hatuwng oxygen vaṭowm kituwng bung ha ihangkal mihin kụng ithọ hrong-hrong tuthal konụ ithọ ajahmeh vaphapaje. Dahkipa dọsinbe high altitude cerebral idema tuthal high attitude pulmonary idenma vanadọ ikona he bungha ikal hinto kokaje. Rowlsareh ki vakona tobe aṭhuw (brain) isa oxygen vānụ tuthal high attitude pulmonary idema ki ikona palung (lung) he aṭhọ thuna vakhol ison ha thuwnụ ikona to ithuwpa.

5. Everest bungha ikalna vapha neka. Kumṭụwnjeh Everest bungdonha ihangkalna ṭhami. Khurāpha (Monsoon) vavihduw, Padụn (April) ṭha Chaphol (May) ṭha thung hee bungdon ha ihangkalnaki vapha iṭhabalpa. Doltipām ki

bungha ikal nalen vahmiing ichihbal mihin tuwng chaphol ṭha thung hangkalkaje. Khurāpha (Monsoon) vākhel thal vadọte Aram (September) ṭha dụ-aṭhọ charite ṭhaka, tuto patang (October) ṭhathungbe Aol dụ aṭhọ ipaltangna hrāngnụ amakituwng mi vaihnim tuthung hee Everest ha kalmi.

6. Bharat (India) thung nungto jenu iam Pharing (British) ki army officer hin tuwng kum 1880 ki piiṭhun Everest bungdon ha ihangkal numpahki palung piidun vapaṭhun valje (palung thuwchaje). Amahin he vaihnim thung England Royal Geographical Society tuthal Alphine Club ki mi ithuw paje. Amakitung amahin lu ahnọ (2) hin kijāl vanapadun hin palung thuto iṭo vapaṭhun valje. Tuthungki vaphathung hee Tibet tung ha vāniṭānaki mihin to ihluh vahromaki tuwng, Kum 1920 A D iphana Tibet Government ki ihrona vapha duki makhe athajeso iamha tachaje.

7. Amakituwng Kum 1921 A D thung Royal Geographical Society tuthal Aphine Club hin tuwng Mount Everest lu/ Kampụ (Committee) vasem valje. Kampụ vasem nakihin vahlam tobe Himalaya bunglonki vahlam thung vahromakhe iṭhatangna ithihna pahrih, Everest bungha ihangkalna ihro hlam, isupiimona, amathal bung vadon ha iṭunngkhoh piimona, amathal bungdon ha iṭung nakhoh. Amaluto iṭoh na minjow ihluh hrang to committee hin tuwng pabiijeso amahrangki thin mi 9 (taku) hmeh Kampụ hinto pheṭhọ dālna (North) tungki vākal ha iam Tibet tungha volichaje. Pheṭhọdālna ha vo-valiithal hin, Everest bungha vahangkal thal hin, Bungloncha KAILASH vanadọ mito vapalungdeh

nu̱ heart fail athuwnu̱ ṭāngsāmcha. Bungha ikal mihinto Himalaya ki vahlam thung dahrah ithima athuw chaje. Nownamachaje (Experience). Amahin thin valu̱hnapah iam vānahnowl hin tobe, bunglen atho lonjeso, Hlamsowpah chihjeso bungha ikalki ijah ihrān iphaki mapa, amahin bungpiithāng pah ha kaljenu̱ mihringna aṭhọ (oxygen) charideh phajenu̱ iphu̱ vajah hin tuwng vāphuh hin dung dodohnu̱ lu̱piihe, tuthal pithāngpah ha iamto vahena mahin athuwcha. Amaheto bungha ikal mihintuwng acclimatization lupa idọọ valiimang. Ama lu (team) hin hee metre 6700 ihang pithāng hmun thung iṭhing 'ion' 'ivangthuw' vadọte bungkhehki bungkheh ha ilān na piiṭum piithāng hmunto vāhnowl paje.

8. Aram (September) ṭhaki nitin 24 thung George Mallory, Bullock tuthal E Willer hee Everest bung irowng piikuwng chehthung thel chara ijoto vāhnowlvalje amahmunto 'North Col' idọọ ithipahrih vapaṭhun valje. Ama team (lu) hinhe, hme āmna iphama alechaje.

9. Varowlsah na Everest ha ikalnaki vachi hinto hme-āmna phama chaje. Tuto vathalha ṭumkheh vanapatu̱wn hin vāpumthu kanami idọ valii valje. Amakituwng kum 1922 A D thung Brigadier General CGB Bruce hee lampāl tangnu̱ team semnu̱ ṭumkheh vahangkal jete metre 8320 ipha ihangkal vapachāng valje. Ṭumkheh khu̱ athathi ning piineel iṭhomā 1924 kum thung Everest bungha ikalnaki thin volichaje. Tuthung tuwng Norton hee mitre 8565 ipha pithāng tangna kal cha. Bung pasu̱wl ha iṭung pachāngdoh mapajoso

vanapadun pang thung iṭung to tuthungki ahringhaki piidunna (record) athuwcha. Tuthungki Bungkalhin kāl vahmiing ichih hin tobe George Mallory tuthal Andrew ahnọ (2) he Amụl (June) ṭha 8 thung Everest ṭungjenụ hmun vanasem (camp) ha ademachaje. Bungkal chahin team (kampụ) thung ijo mi akheh dọnụ, kahluw (evening) padu iboh mung kāl ivum di-duh bungdon ha vaṭimpang, ihangkalto isowpah ha thinụ. Amakituwng ama ahnọ (2) hin he bung vadon rehna ihangṭung vapachāng jesih rahmo vapadunpaje.

10. Mallory he hanthah vāthum (3) na bungha ihangkalpa. Kum 75 ki vathal ha Kum 1999 A D chapol (May) ṭha nitin 1 (akheh) thung America ki Eric Simon hee hr'nhrụ tangnụ team akheh hin tuwng ithọsa pāngsa to metre 8140 piithāng hminthung vaphakhoh valje. Vakowngha vanapakol vanapadun na hrụto dehnụ piithāng pahki ajung bunụ thọmangni idọọ vapadunpaje. Valụche kunụ vakhu ahnọ (2) iṭhohsa vaduh johvalje, tuthal vakowng ha hrụw piikolnụ amcha. A-ol thung vanakhum anok (hmih meengseng) pen ruwng kāngsụ chara (knife) tuthal irowng, isāng piitena kuhle altimeter so vaphakhoh paje. Tuparende vanahol camera be dumije. Amakum thal tuwng British ki Bungha ikalcha mihin tuwng ṭum panga (5) tuthal Switzerland ki lu-hin ṭum hnọ (2) bungdon na ihangkal naki vanaṭan hinto hme-āmna phamachaje (pachāng machaje).

11. Atahe vapha isowpah ṭumkheh, ṭumkheh vahuwna thalje, Kum1963 A D thung British kampụ (team) akheh colonel John Hunt kampụ hin hee itenpum ṭum 13 sụcha. Pow iholcha vadọte Sherpasing ki vaiching chahin he Darjeeling ki Tenzing

Norgay to athuwcha. Amahin kampu̱ (team) he bungha vakalduhin tuwng Himalaya bungki vahlam vadu̱he iṭhaṭangnā ithih naseh hrangki thin kahin athum (3 weeks) hmeh he Himalaya ha ikal piichāng na (training) vaṭoh valje. Team thungki Edward Hillary, Lowe, Gregory tuthal Sherpa Tenzing Norgay Angajim ha metre 8500 irowng phana hangkaljenu̱, ama hmunthung sumphuh (camp) thung tuwng S'nkheh pariijenu̱, chaphol (May) ṭhaki nitin 299 Zọọngṭhang 9 ki piithun Hilaryy tuthal Tenzing hin he Everest bungki vanantung ki vākal ha iam 'South Summit' vanadọ hmun iphana hangkal chaje. Ama hmunki Everest iṭhungna charipang South Summit ru Everest lah piithopah thung hlung tuthal Aol bung amka. Ama hmunto atungte Hillary step vadọmang, metre 17 (sowmtakhọ) hmeh irowngpa, lānglam ṭoso dọnibe, mi (tepang) so ithọ ihro hmunpa Bungkal cha hin mi ahhnọ (2) aol ṭhọ (ice axe) matāngso hru̱ lenṭāng holmachaje. Amakituwng Bungtunngha avāl piiheelnu̱ vakhu tuwng bung vakena vākal ha tahna-tahna hangkhọngnu̱ kalchaje. Amahin vaṭuhnahābe ithọna khoh ki piitho (Atho) to vālān thaljee, Tenzing tuthal Hillary hin he zọọngki ṭhang 11:30 vatāthung Everest bungto ṭhungchaje. Bung pasu̱wl vaṭungkhoh kihin ahmanjenu̱ kuh piidu̱ jenu̱ ikol chaje tuthal Asapavān lu̱buh ru iṭhuw, inthungki vanahol hin ichāhrang to vapevalje. Bungdon ha ikal piichāng ngāl hinto bunglen tuwng aphuh minute Sowmpanga (15) amphoh chaje. Tuthung tuwng Hillary tuwng Tenzing ku̱ng photo ṭumkheh pang vanampa. Atahee mihin tuwng kum ajahmeh ihluh tangna, vanaṭan tu̱wngki vachuto, New Zeeland ki pakhu ijuwcha Edmund Hillary tuthal Bharat (India) ki Tenzing Norgay hin he hme āmna vaphavalje.

12. Amalu̱-luki minthang pemin hlamkham iamhrang ithuw he vahmiing ichihpah Hillary ru Tenzing lu-lurah kum 2008 Chaphol (May) tha nitin 22 tthung Nongmaithem Suraj Singh he Everest bungdon ha ikal pachāngnu̱, Manipur chara thung varowlsah na bung don ha ihangkal piichāng jāmanu̱ pheṭhọdālna ru vānithuna vadọte (North East) thungjoso ama rowlsaka Manipur ki thin amamihe vachangki (Maruwpa) akhehpa. Manipur charā palung ralthung vapha isowpah vanapadun to amā Ning vapaṭung val. Ama lu-luki vapangkal tuthal aṭangnipah he vaphaten thung Manipur ki thin Minthang pemin ihmah lihmā piidunṭol hrang iamtee hrangpa. Amaki vātangnihna kolthang (magun) he ihangrih soldowng hin tamchajeso, bung ha ikal numpah ki palung thu aholvah jeso. Hillary tuthal Tenzing rowlsareh bunglon ha vakal thunghin, doltipām thunghe vachangki (maruwpa) akheh ithuwpa. Amahinki hme-āmna vanapha hin penato British Expendition team ki iching cha colonel John Hunt London ha vanapaṭhah penato lāmvāl ijahnamā piiruw nitin 2 amu̱l (June) ṭha ipha vathiijāpa. Dahkipa dọnibe vāhnohna Maharani Elizabeth vaṭum hnọhna sangkadon thung suṭhahna penalu-luw doltipām ki iam mihin ku̱ng piijām to vādọh pa.

13. Nongmaithem Suraj Singh ijothanā mi sowm (10) hinto 'snow lion' vanadọ kampu̱ (team) hinto Everest bunghe piidunna ihro ithuw ajahmeh hin ru aṭhu̱ jenu̱ chihchaje. Ama Everest vaṭung nahrang Ni – 15 thung bungdon ha hee China he Olympic ki hmipol athahnu̱ vathiival. Everestki vadonha Olympic ki hmipol athohnu̱ iṭo ki vahlam he vadu̱he hanthah thung Olympic tuthal Everest ihangkal hin ki pemin thung hrin pemin hlamkham ithuwpa.

Pena ilu̱ki ileha piiluh

Pena-lu		pena ile
Ungi Nungsit	=	Aol ijo ikalpa aṭhọ
Sherpa	=	Bungdon ha ihangkal pow iholcha mi.
Ice axe	=	Aol idu̱hna ṭhọ
Expedition team	=	Kohkheh aṭhu̱sahso ichih sah hin kampu̱hin
Eitihasih	=	Ihmah mahrang pemin hlamkham
Acclimatization	=	Pamdu̱ki vāṭhọhrāng isaru piiṭimna iṭoh nahloh

Piisel naki vahlam – vadu̱

1. **Peṭuwn akhehbah apathangvah**
   a. Mount Everest Metre aja rowngka?
   b. Mount Everest he metre 7600 ki vāthah te dahpa idọọ ithipahrihkane?
   c. Everest ha ihangkalna iṭhabalte dah ṭhapane?
   d. Tepangmi rowlsareh Mount Everest bung vadon ha vakalna kum ajathungkipa?
   e. Kum 2008 thung Everest bungdon ha ihangkal piichāng Manipur ki mite aku̱pa?

2. **Peṭuwn ahnọ hmeh asemvah**
   a. Acclimatization iṭoma vanadọte dahpa ne?
   b. Rowlsareh thung Everest ihangkal Edmund Hillary akhopām ki pa tuthal dah nung iṭoki mipane?

3. **Peṭuwn panga hmeh apathangvah**
   a. Mount Everest ihangkal thung dah lu dah lu ijah-ihrān na vāhnowlmang?
   b. Bungdon ha ihangkal thung maruwpa pow tuthal dah-dah pow tunnaka athetang?
   c. Bungdon ha ihangkal chahin kuṉgki itamchāhrang ihro athepenuṉ amochara akheh chuthi akheh apazọọvah?
   d. Vanan hee vanapazọọ me-me Bungha ikalchami vanaṭoh nunghin he peṭuwn panga hmeh apazọọvah.

Pharing ru hmiti penahe anal pena piiluh

	Pharing		Hmiṭi		Anal
1.	Number	-	Masing	=	Ṭenna
2.	AD	-	Khrista ki kumja	=	Christa Thọthal kum
3.	Brain	-	Thop	=	Aṭhuw
4.	Monsoon	-	Nongjutha	=	Khurāpha (chuṉwl)
5.	Team	-	Kangbu	=	Kampu/ luhin
6.	Camp	-	Leipham	=	Sumphuh
7.	Training	-	Tambiba	=	Itampena
8.	Eitihasik	-	Puwarigi oiba	=	Minthang purāl pemin
9.	Asha	-	Aningba	=	Palungthu
10.	magun	-	mathouna	=	Vāṭangnih na/ icheh-iṭan

Thimṭuwn 10

DHAKA THUNG NUWNGCHAM IPHAKI HMIṬUWN

Pām ihrowl chaki pemin imung sesah:

Pām ihrowl chaki pemin thung heng piijoocha tuwng March 31 ki April 3, 1997 iphana thung Bangladesh ha Bangladesh Manipuri Sahitya Sangadki 22 ipha kumki ibiina amnu̱ amahato ichihpa. Dhaka thung Muktiyudha jadugar ru Bangabandhu seikh Majibur Rahman Memorial isu chihnu̱ vanathi hujahmeh tuwng vapalung thung vanapathu johin to piihrih tangna vaphuwngpa. Ama museum ahnọ hinto Bangladesh tuwng nuwngcham vapha thal hin vana pathang hin pām thung iam hin tuwng vajati kithin kanna pah pa. Amahe thim piijọọ cha to Bangabandhu pām ha vachithung ki (2002) pām ihrowl cha thimbu̱ vanapajọọ kāl ki vathuw hloh paje.

Anihin tuwng nathi hinsih nuwngcham iphana hrangki thin Dhaka thung hmiṭuwn ṭuwngnu̱ ikāngto. Dhaka ki thin thina mapa, amaki vakhodin vavar to Bangal vāpum thu vātu̱h hupa. Amah mi piichu̱w to Bangabandhu tuwng vapachu̱pa, amahe nuwngcham to iphana hrang Bangladesh mi million athum hin tuwng vathove hin vapatha paje rowlsa Dhaka vaṭung hre ki ithi vapha pa hmiṭuwn vatuwngna hmun to museum thung Mukti Yudha Jadugar (Liberation war Museum) pa. Museum he Bangladesh

ki rāl mi ipal papah hin ru atang inipah hin ki thin thina manu doltipām thung vāpum thuki (freedom fighter) nuwngcham ki thin ral thung ithọ hin he vapām unsah piilo rālmi akheh rarah paje idọte idangpa. Ama museum he Dhaka sahor thung National Press Club bom rah amka. Nilarni (Sunday) nite suṭy iam pa. Nilenṭāng tuwng jọngri ṭhang 10:30 ki piiṭhun kahlu ṭhang 6:30 iphana vapahang paje. Amahe Mukti Yudha Smriti trust vanadọ tuwng vapum thuhe vāpasa huh pa.

Ama trust thung heng theatre ki mi vahmiing ichih pah actor, director, piijọọcha, poet tuthal architect mi 8 (tarih) ijopaje. Amahin ki ijahrān khangjenu vanungṭoh hin jāl 1996 ki March 22 thung vapahang paje. Mihin ki nuwngcham iphanaki rāl ki pemin to Christa kum 1971 thung Pakistan ru Bangladesh rāl iṭoki nungto ivangsha itihas tuthal Sanskrit hmel piidangna vaṭoh pa. Atung tobe vāngkāl in (upstair) athum pangki indin taruh isọwpah building ache thung amjaka. Ama hmun he piijọọ chato vahe hlu vāte vapalung ru vapangsha vāpum thu iphungna piichāng ki vakhal heng dimcha. Nuwngcham iphāna thin rāl idu iṭọh sisih pāng piihling sul sul ki photo to Banglen vadāh paje. Bangladesh tuwng India ki vahleh ache tuwng British ru vākhe ki vapha thung rāl vaidụh thu hin nuwngcham iphana ki rāl tuthal Christa kum 1971 thung Pakistan Government tuwng Bangal hin pām thung michọ parel jenu, bunjenu, pamāng jenu isuh thi pah paṭhọ pum jenu. Lamche iṭhama vanaṭoh hin vāpum thuto ama photo tuwng pemin vasupa. Photo thina jamanu ṭāngsam sa rālmi ihnim pah hin ki vaṭhung nahin powse budiil, tupi, phung, kuhle kuhsu, vakuh hin vanapajọọ thimhna, thimbu ajahmeh hin to akheh thal akheh vājungdāl som som paje. Vaihnim be iam mahin phungka hin tuwng Museum hato photo to vapepaje. Vanadāl hin photo tuwng palung ohrangmāng vasuhpa. Pakistan rālmi

hin tuwng sinnu̱ ajahmeh to vakol vapamāng jal jing vapathọ thin pakhu̱ je. Tuthal padu aṭhah ha ama hinki airforce hin tuwng Dinajpur thung richsọw itho chahin tuwng vathoh chingte hin rah thung phung vaju̱ kapuh puh pakhuje. Vaphoto hinto vadālpe paje. Vanu vapa ithọ poh hin kālki amochara akheh tuwng kuh tum athoh nu nuwngcham, nuwngcham iphanaki dọnu̱ vaong thungki photo joso vadālpaje. Vakuh thung hin michampa hujahmeh ithọ hinto pal thung ṭoh su̱ su jenu̱, vapohin piicha puwm puwm nu̱ ival ihnim pah hinto vapha vasow pah thal mukti bahinigi group hin tuwng vapahlam thungki photo huja vadāl paje. Photo thung kanathii ma. Vanu̱ vapa tā iam amochara tuwng vapalung isuw tangna vaong rung rung to kānna thung tuwng iṭapa kol vanapamāng iha sinnu̱ hin ki ningṭho ṭọọma ki arowl to Jadughar pām ki vākal vārel hmun iphakhah ichu̱npa. Ithọsa hin pangsha iṭọh hinto le piihol pah lulu pem nowl nowl jenu̱ ival su̱su̱hin panam toasini ipha ihem lih ma piinam pahehe ka. Ṭumkhe khu aṭang inipapah hintuwng vapām unsah ito tee ki nuwngcham iphana ki arowl to idon māong tee ka.

Jadugar ki ṭātung reh ki gate bom tuwng indin akheh amnu̱ amathung tuwng rāl thungki nung ithuw to audio cassette, video cassette, bangali ru English tuwng vanai thimbu̱ amnu̱. Mukti Yudha Jadughar he dongdol ki nungmapa. Ijahrān patel nu̱ ama hmun to vasempa. Thona iṭha tangna vapaṭhuwpa. Nuwngcham iphanathung rāl ki vakho to palung thung piidunna, mivapum thu kung ganatantra to vakol idun nathung pihrih na en hrangpa, seksha iphanahrang sinnu̱ hin power/ right ipenaki, mi vāpum thu tuwng right iṭho naki tuthal maulaudi idọto ihroma irih piichāng naki thinpa. Amatuwng sinnu̱ hinru-mi ihnim chama hin phung tuwng vaphā hranghin right kithin rih ṭhu̱ jeng kaning kadọpa.

Dhaka ki vani hnona tuthal vatuh na nithung Bangabandhu vadah ra rah vanarin atungte Bangabandhu Sheikh Mujibur Rahamna Memorial Museum donu hmiing vapahol hloh she amato tumkheh isu kapha khupa. Kahlu tiing ani vahel cha ani nasah chah ki vapha pa. Istiyak tuwng hinpe kanarin Japan tuwng vanasah car thung tuwng Amanla kumar seram khe jonu kari to ipal chechoh thonu km 32 (hrinpenāte 11) Bangabandhu Bhawan ipha chih hin nu kapo karing thamnu pau choh chaning. Jong tuwng Istiyak ru Dhaka ki hotel akheh thung breakfast chapate tuthal chadu kāpane nu amato tangnu kapāngkal dongcha kapo itham vapathun val. Tuto ama hmun to Sahid hin vākungna ithuwpa, Nam thung tuwng nung ito chahin, school charahin tuthal luleh tāngshel chahin tuwng Bangabandhu iduh thu nahrang ki, ama ki vapena ijah nahrang, vāpum thu ki iduh na tuthal ikungna hmun akheh ithuw vahebo idoto nituwng irow tangna ki vapha thung tuwng kapadun hlohpa.

Museum ki gate bom car to kāpathum hrehki piithun gate bom karina to ahno machining. Ni kanasuh to sinnu ihluh jojoh hin ru sinpa ihe hluh jojoh hin mapa. Tuthal vasol pāng thingbol ripal ithapah hin to mapa. Chak tuwng itha tangna gate pillar len piihol tangna vanapajo hin Bangabandhu ki hmel to kasuh tee pa. "Kāhe hlu pechā khin lāmvāl nanghin to ākhāl chāmang hin ning" ido nghe nghe jeh vaphoto tuwng thangphuwng vāloh jehpa.

Camera ihe hluthu te hromanu. Gate bom tuwng bag, powse ithii na iam chuh tuwng camera to kamaval. Museum to kathi hreki choduki relu kapalung thung ipiil phungki ithong palung athuw cha. Ama into Bengli jati vapa Sheikh Mujibur Rahman Bengali jati yabadki tuwng amato vasah nā vahringsow itom howlpa. Khrista kum 1971 March 26 thung 'People Republic of

Bangladesh doṇu Bangladesh tuwng nuwngcham to vaphāval idoki pena vaphuwng to ama inthung tuwng vaphuwngpa. Bangabandhu ki vapena to doltipām vāhrowlpa. Bangladesh mi vāpum thu tuwng nuwngcham iphā na tuthal mi vāpum thu ikal nahrang kuhle sin jenu rāl vāduh ṭhu paje.

Palung vāloh hin vathona ṭhah hin palung khebah vahol hin ki jetuwng Bangladesh hin tuwng nuwngcham vaphā paje. Nuwngcham vaphā thung kihin Prime Minister to ama inthung tuwng iampa. Piiru ki vakhal iṭhama ihol hin tuwng Bangabandhu Christa kum 1975 ki August thung miṭha ma hin tuwng vapatho paje into vathoṇa hmunpa. Bangabandhu ki vasinnu Begum, Fazilatunesa, vachara hin athim Seikh Kamal, Seikh Jamal tuthal amochara Seikh Russel, valuhongna hin isow chamale vaminu sultana kamal tuthal Roji Jamal tuthal vanipa (vanepa) Seikh Abu Nasema hinto ama inthung tuwng vapathoṇ puh paje.

Ama into piihol pah ki in so athuw mi ground floor itenpum floor athum chah jāpa. Ground floor thung indin ahnoṇ, first floor thung indin athum tuthal second floor thung indin chari amnu. Ama into Bangabandhu ki vachalnu Seikh Hasinana "Bangabandhu Memorrial Trust" vanadoṇ hinto vakung pahlāngjenu vāvang sem pum paje. Dolti len ki varowl sabal ki indin to Bangabandhu vapāl thung lamvar hin aung na piithu jenu tuto atung tobe Bangabandhu ki vamochara kipiiṭhun vahringsow vaṭuh ni ipha vaphoto vāpum thu to dāl jenu iṭha tangna vathii pepaje. Photo hin tuwng ivangsha ithuw vāpumthuto vapha thung ki palung kahe padun ki vahring sow to ajahmeh inang choṇel tangna am mangni idoṇ to piihnih tangna kapadun pa. Piihol pah sinpa akheh ki vahringsow thungki vanung ṭoh irih lih ma pakhe pakhe ki ningrih nung ithuw to kapadun doh ki padu irih ma akheh kheh ha iliim tuwl tuwl luluwng kapalung thung ihang thuw. March 7

1971 thung Dhaka thung race cource am nu̱ pemin vasu̱ thungki varuwngchin tuthal iṭhing lamvar hin ru photo vainam hinto nijoso ihman naki Burāng athoh jenu̱ ahman jenu̱ photo vainam hin kāl tuwng kapalung thung ihejopaning. Najib tuwng vakhih ṭhu̱ Fazilatunnese tuthal vachara hin ruvāmi hin koh kheh ki vaphoto hinto kasuh ki palung ve pah pa. Kapalung Karin to vahme hin kajah napa. Photo hinto akhe kheh kasuh num pah va tuto vapha tuwng hol manu̱. Ama hmun to maso hmun lenṭāng hmun thung iphā mahrang itāngpah checholpa. Vapha imung pah thung chari ri isuh na phol phol kaṭoh pa.

Varọl ki mujib tuwng vapha vanalu̱m na Library indin akhe amnu̱.

Ikhel she kahman na tobe Museum he rowlsa isusa kalu A. K. seramn thin thin tuwng vabol, vahlam vāpum thu to kāsu̱ pepa.

Bangabandhu tuwng ama inthung tuwng 1 1961 ki piiṭhun iam vapaṭhun pa. Vainhluuhin rru kohkhe iam vapaṭhun paje. Kalu tuwng kāsu̱pepa.

Pemin kasu̱ name mehin tuwng doṭum ki indin to isu paṭu hinnu̱ first floor ha hangkal cha hin ning. Nahang kal nahre room to Bangabandhu tuthal vaphungka hin koh khe vaung nahin to, ama vasọl tuwng Bangabandhu vaina room iampa. Vabom tuwng seikh Rehana vain aka iampa. Valah tuwng show box mengseng isāng pah vanachal hin akheh thung Bangabandhu tuwng vanasọchinna powse vāpumthu to vathii paje. Vasọl tuwng mengseng vanachal upu piihol akheh amkhu̱nu̱ amathung vaṭhungna powse budiil iṭha tangna theh jenu̱ pathuwn jenu̱ vathii pakhuje. Nituwng amalu vāpum thu to arọw ithuw ru palung ija chorel hmih suh tuwng kasuhpa. Ithi hmu̱ma kadah vāpum thu kahmol irih ṭhu̱npa kalupatuwng asuvah ama powse vāpum thu

he vaṭhungna powse budil ru ama vasọchin na pow chechol pa dọnụ. Bangabhadhu vānadọ chāpah vāthung nabe ban mung (mujib coat), Punjabi paijama, ido, va frame ivum anok, pen, vahmowl ha plastic ivum ihluun, piijo hrang kāngchup vapumthu to room thung tuwng iam pa. Vāpum thuto kathii kito kapalung thung isoh lih ma ama inthung tuwng indin akheh thung isoma iam lelo hrang padun nụ. Vapha tuwng vahol parah mo into mi hnim pah manụ jenụ ama hinru to kasuh jāpahin. Pena vanathe to ama in thung tuwng vapha ru vaniten thung vārowl to atong nụ amka. "On my way to the fallows I shall proclaim with pride I am a Bangalee, Banla iis my land, Bangla is my language".

In din akheh ha hluhkhụ hin nụ. Ama thung powse budiil ihnim pah vathii paje. Powse to sọ ikā susụ so ijopa. Powse hin kāl tuwng kum 6 (taruh) takho (7) val ki amochara lungam pavan machụ, neck tie macho ivum kheh amnụ amato vanụ akheh tuwng vachara school chih inangna hrang istri tah nụ ṭheh jah nụ vanathii lulu ingnụ. Longpen, lungam hinto vamachụ chụl pah male paje. Atunghe phona hrin peh luluwng iampa. Kahmir hnu bom K.G. itam sinpa chara ninge nge itopah to kathii pa kapalung thung.

Powse to kalupa reram tuwng hethuwnu am powse he Bangabandhu vachara maṭumpa aṭhung napa. Ama vachara matumpa tojoso vapaṭho khoh paje.

Mungteh pang thung amochara powse to sujānụ irih jāpaning. Mipii thọ chahin ki nungṭoh iṭha ma to kaning ohrangma ṭhamacha. Amathal, ṭumkhe khụ mengseng vanachal hin stairway akheh amkhụnụ vanan tung ha ijung ṭum napa. Amata isupang vahrojāpa ihangkalna ijungṭum na vahromapa. Le ilụpah

ki vahmun luluwng iṭha tangna vathi paje. Thọl arowng vapakul paje. Amato palung ihluh kasuh khụpa. Mengseng vanachal hin ama hmunto phung marụ vachụ na khol so iampa.

Bangabandhu to phung vanakana khoh hin hmunpa. Vāṭum hnọna group vaṭhing thung hin vakakhoh paje. Chodu ki group iṭhing hin tuwngbe ikā pachāng mije. Bangabandhu to ising ival, iṭọma vāthu tuwng pachāng majenụ alechaje. Vaiduh ṭhụ iṭhing mi vāpumthu hujapa amahinto dah rah piidun mā iṭhoma khulon ha vāvang thu hloh nate tuthung rah tuwng vakakhoh paje dọnụ kalu pa reram tuwng vakuh akhọ som som nụ kāthepepa.

Mi aiduh ṭhụ hrang ṭhingka dọnụ iduhṭhụ hrang ivang thuwpa, vādu ṭhụ hre ki pemin isow isụ vapaṭhun duhin phung marụ tuwng vakapa.

Amahinto sanla len tuwng ijungluh pa. Bangabandhu thung ki sọ ijung luwng ṭuṭuw to sangla len ki to kalu patuwng asani rah ithuw hrang nghe nghe vasupa. Atunghe joso Bangabandhu sọ iluwng sangla len ki to ikoh ma amjāka. Vapha ru vāthọ hrāng ki vathal iṭo sọki machuto charite ahmah phuwl joso sọ machụ tobe atung phona ahmah malepa. Surma, Meghna ki piijapah phethung ki ichọl jah dụ tuwng so icham pachāng name ihmah mahrang sọki machụpa. Bangladesh mihin lu palung thung ichụ doh ihman mahrang sọki machụpa.

Vāthah reh ha indin ison hlah akheh ha hangkal khụ hin nụ amahato kahe hlu ki kapalung vasih akheh ṭhingkhokhụ cha. Nalang lang thung amkato newly weds luchin pehin ki room ithuwpa. Vanụ ru vapatuwng asha piihol pah padun chanụ vachala nụ thin vanapaṭo pow vāpumthu to ithi mel, mol pa. Sọ machụ sari vakowl ha ripal piireh, iṭha papah sinnụ ki aṭhung na

powse ibāng na len vāpathoh paje. Sakong chapel, sinnụ athungna powse charijoso ithiing ring rang vāthii paje. Vāpum thu to hethi pahluh nụ amihrin to nung, akhe chih lah so ile hrang relu to vatoh johpa. Soldong hringsow dal ru nahla ki vapha nunge pal ki vakhal ivang thuw hrang hepadunụ koh khe vaam nah in room to iṭhing mi vāpumthu ki palung thung sunum sah mangni. Mungteh pang nijoso alar u nahla idupeh ki nunge pah ki vaphato kahepadun sọl khụpa. Kalu pa tuwng kāṭhong hlopa, am aka he Bangabadhu vaminụ room pa. Valu hong nah in isow malepa. Amato joso vapathọ khoh paje.

Museum to kasuh thal kapalung thung ningrih pah tuthal ijahnaru palung nunge vāchin ki iphuwng na iṭhama ki kapalung thung thuw cha. Nuwngcham iphāna ki hmiṭuwn piichụcha sinpa tuthal ama ki vaphungka kithin vakhal ṭome me nụ am chaning. Ghari kasuh te ṭhang 2 (ahnọ) ta dal dal cha. Jọngki bụ cha male paning idọ to kapahmal nowlpa, lang lang thung kadah to doltipām akheh ha iam nowl paning.

Pena piihring na:

Bangabandhu	-	Seikh Mujibur Rahman to mihin tuwng unsah ilo tangnā vana on nahin hmiing.
Nuwngcham	-	Freedom ipha
Kangchup	-	hmikhuh ijowna
Surma	-	Bangladesh ki dụkọwng hmiing akheh pa. Manipur ki paṭhun nụ cachar phe jungnụ Bangladesh vaphapa. Manipur thungte Gwai dụkọwng vadọpa. Assam te Barak dụkọwng pa.
Meghana	-	Bangladesh ki dụkọwng akhehpa

Indin - Room

Mukti Bahini - Bangladesh mi hin ru Pakistan vāduh thung hin, public miru police achin jenu group akheh sem jenu rāl vaṭoh paje. Ama group hmiing pa.

Piichọlna (chari imung piithang hrang)

1. Bangabandhu tea kupa?
2. Mukti Yudda Jadughar akho ampa?
3. Dhaka ki vanihnọna tuthal vaṭuh ni icha tuwng vanasuh to dah museum pa vahmiing aivah?
4. Seikh Mujibur Rahamar vaam na in to akho dipang piihol pa?
5. Seikh Mujibur Rahamaan Memorial Museum thung vāthah rah ki indin (room) ison chechah to aku napa? (isāng hlah piithang hrang)
6. Mukti Yudda Judughar to vasuh thal icha tuwng dah kho vai apajoo vah?
7. Bangabandhu Seikh Mujibun Rahaman Museum to vasuw thal icha tuwng dah vathih amato aivah?
8. Seikh Mujibun Rahaman Museum vapathọ nahmun to dah tung pang vathii jesih idọ to ichatuwng dah tuwng vah amato apajọọvah?

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